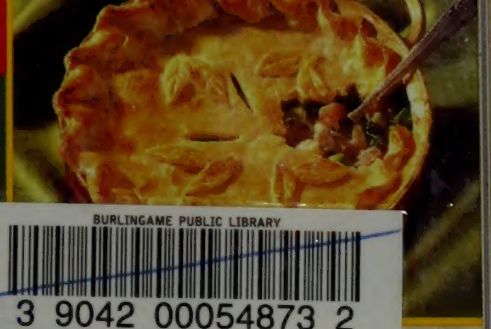
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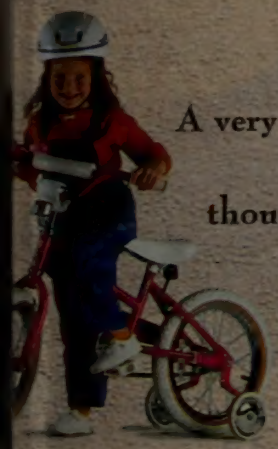
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A very important half-second, though. As anyone whose life has been saved by an air bag will gladly tell ou. • But while the lifesaving benefits f air bags are well-known, what isn't well-nown is that many components of an air ag system, not to mention the bag itself, re all made of plastic. • Of course, when ou look at plastic, you'll see some other nportant things it helps make safe. Like ackaging that keeps medical equipment terile. And helps keep harmful medicines ut of the hands of our children. • Look at ie protective clothing firemen wear. The ullet-resistant vests policemen wear. And ie bicycle helmets you and your family wear. They're all made from plastic. • And look around the grocery store. You'll see plastic wraps and trays that keep food both fresh and safe; convenient, lightweight plastic bottles that are shatter-resistant. • But plastic protects more than people. It helps protect the earth, literally. Plastic geotextile fabrics protect beachfront land from erosion and encourage plant growth. • To learn more about how plastic makes a world of difference in our lives, just call 1-800-94-PLASTIC Ext. 15 (947-5278), and the American Plastics Council will send you a free booklet on more of the benefits of plastic. • Because even though some benefits of plastic, like the air bag, may last a mere split second, it may be one your family will remember for a long time.

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Better Homes and Gardens

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FAMILY NETWORK®

READERS' SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

PRIVATE TIME FOR TOTS

Family Network *received more than 100 responses to Donna Yates' October letter about her 6-year-old son who ignores his 2-year-old sister. Here's what one reader advised:*

It is important for the older child to have time alone. To help ours seek time "away," we allow him to play alone in his room by placing a child gate across his doorway. The gate keeps the younger child out while allowing the little one to see and watch the older child without directly interfering. Our younger child is much happier to see his brother playing than to face a closed door, and our older son enjoys his own space. From time to time he engages his younger brother in play during his time "alone."

Linda Leaming
Eugene, Oreg.

WINNING ISN'T EVERYTHING

Here is one reader's suggestion for Yuko Thibault, who asked in September about her 7-year-old son's overcompetitiveness:

When a child becomes too competitive, both parents should shift the emphasis to accomplishments at home by assigning chores on a daily basis. Tell him that his chores are suitable to his age and position in the family, and that no one else will do them for him. Making him a responsible, "working" family member will take the edge off the importance of always winning.

Sara Ekblad
Lincoln, Nebr.

FAMILY PHOTOS

We recently attended a wedding where the families of the bride and groom passed out disposable cameras to random guests. It was our job to use up the roll by taking candid shots that the professional photographer might have missed. This idea could be very useful at special birthday or anniversary celebrations too.

Sue MacNeill
El Cajon, Calif.

NAIL-BITING

I need help! My 2-year-old daugh ter has started biting her fingernails! bit my fingernails until I got marriec I don't want my daughter to have t suffer people's comments about nai biting as I did. Yet, I have read tha nail-biting is soothing and similar t thumb-sucking. Should I try to sto her, and if so, how?

Karilynne Pearso
Provo, Uta

EMPTY NEST DILEMMA

For 30 years I lived my life only fo my children. Recently my last chil left home, and I feel lost. On top c everything else, I am frightened to b alone, even in the daytime. When clean house, I end up crying; my chi dren left so many memories behinc How can I get out of this awful mooc and how can I begin to live my lif differently? I would welcome any sug gestions from your readers.

Angelita Ledesm
Midland, Tex

KIDS THAT BITE

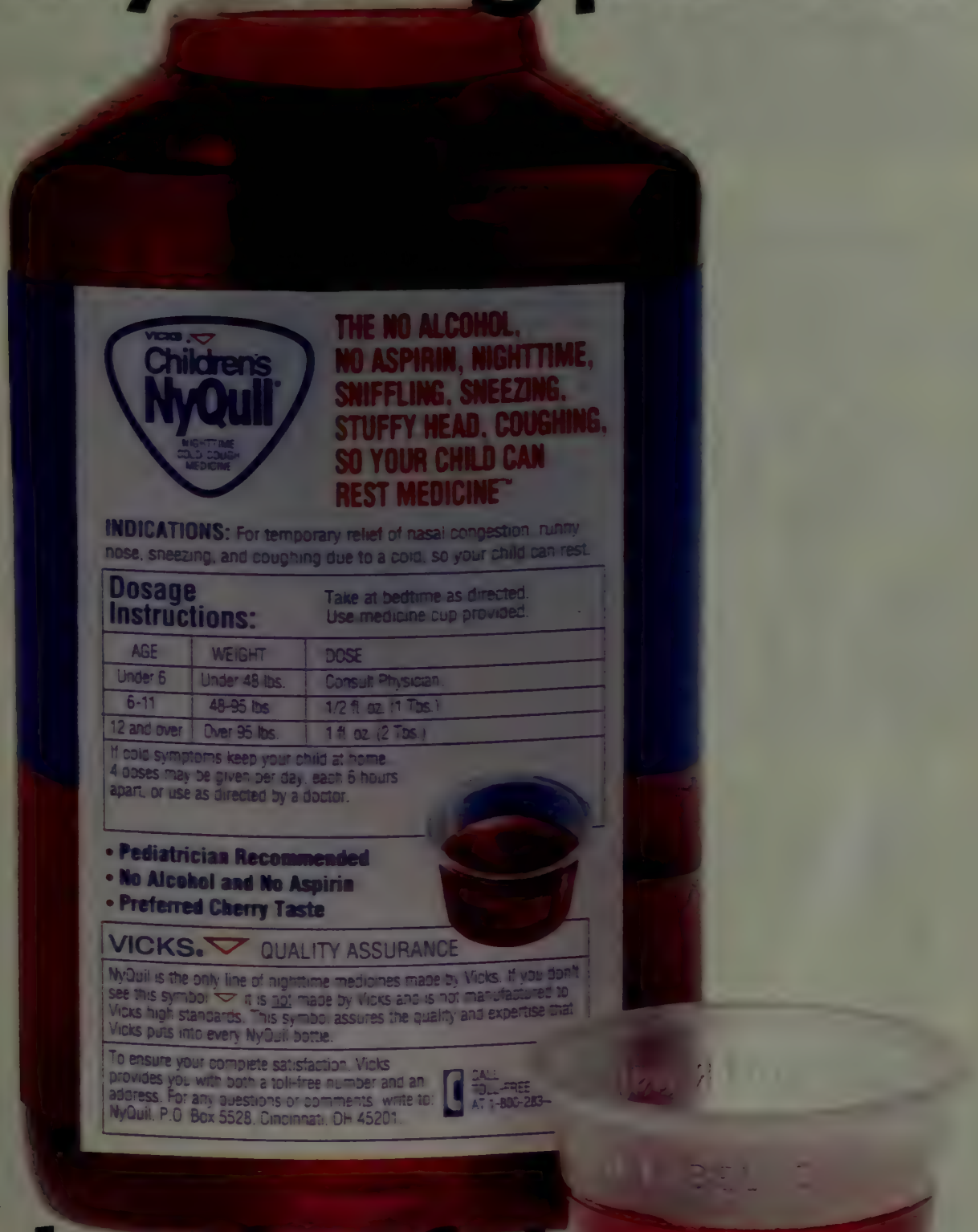
Recently I was in a discussio about a toddler who, when in a grou of children the same age, would ofte viciously bite another child withou warning. I've heard a number of di ferent solutions, the most popular c which seems to be, "Bite the chil back." What is the proper way to har dle the problem?

Dawn Test
South Windsor, Con

WRITE TO US

Family Network welcomes letters describing how you solved a problem involving your family or your community, or letters asking for help with a problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.

Required reading for any caring parent:



The back of the Children's NyQuil label.

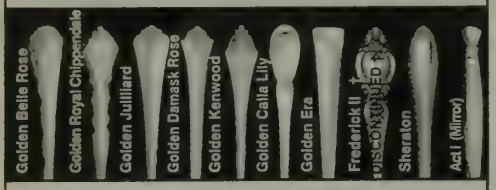
...d follow all label directions and warnings. © Richardson-Vicks, Inc. 1992

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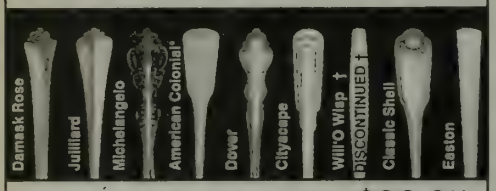
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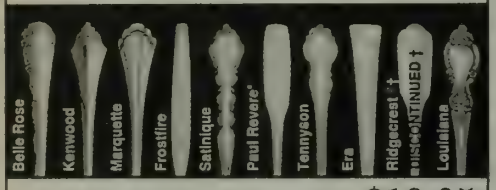
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46 PC Set	900.00	327.95	680.00	259.95	525.00	189.95	375.00	139.95
66 PC Set	1260.00	459.95	952.00	369.95	735.00	269.95	525.00	199.95
Teaspoon	16.75	7.95	12.50	5.95	9.75	4.75	7.00	3.25
Oval Soup Spoon	16.75	7.95	12.50	5.95	9.75	4.75	7.00	3.25
Iced Tea Spoon	16.75	7.95	12.50	5.95	9.75	4.75	7.00	3.25
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Cocktail Fork	16.75	7.95	12.50	5.95	9.75	4.75	7.00	3.25
Butter Spreader (A)	23.00	10.95	18.00	8.95	13.50	6.75	9.50	4.75
Place Knife	23.00	10.95	18.00	8.95	13.50	6.75	9.50	4.75
Steak Knife	23.00	10.95	18.00	8.95	13.50	6.75	9.50	4.75
Butter Knife	23.00	10.95	18.00	8.95	13.50	6.75	9.50	4.75
Sugar Spoon	23.00	10.95	18.00	8.95	13.50	6.75	9.50	4.75
Tablespoon	33.50	15.95	25.00	11.95	19.25	9.50	13.75	6.75
Pierced Tablespoon	33.50	15.95	25.00	11.95	19.25	9.50	13.75	6.75
Cold Meat Fork	33.50	15.95	25.00	11.95	19.25	9.50	13.75	6.75
Gravy Ladle	33.50	15.95	25.00	11.95	19.25	9.50	13.75	6.75

SET COMBINATIONS:
3 PC HOSTESS Set includes: Tablespoon, Gravy Ladle, Sugar Spoon.
3 PC SERVING Set includes: Butter Knife, Pierced Tablespoon, Cold Meat Fork.
46 PC Set includes: 8 - 5 PC PL Settings plus Hostess and Serving Set.
66 PC Set includes: 12 - 5 PC PL Settings plus Hostess and Serving Set.

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EDITOR'S LETTER

JANUARY 1993

A TALE OF MAGAZINES, MOTHERS, AND CRADLES



Dear Readers, The young mother-to-be in the photo with me *right* is our Associate Interior Design Editor, Michelle Tibodeau. The cradle is one I recently finished for her baby-to-be. I've made cradles for the first-time moms on our staff over the past few years to celebrate those truly blessed events.

The cradle building process falls into a now familiar pattern. I hear of the impending offspring usually with plenty of time to work out a cradle design and months on end to construct it. Lulled into false complacency, I let the months slip by until, one fine day, I notice, to my chagrin, a very pregnant young woman in one of our staff meetings. From then on, there's a flurry of activity and sawdust in my workshop as I race the stork.

This scenario of creative contemplation and frantic activity reminds me of the way we make each issue of our magazine. Coincidentally, making an issue of *Better Homes and Gardens*® takes approximately the same time needed to make a baby. About nine months before your copy of *Better Homes and Gardens* arrives in your mailbox or on your local newsstand, we get serious about the contents of that particular issue. We plan photography, begin testing recipes, start building projects, and generally get the issue under way. As the months roll by, we carry out the photo sessions, write copy, make layouts, and meet many times to consider our progress and contemplate improvements.

Meanwhile, c course, we're having new baby ever month, in the form c that month's issue c the magazine. It's eas to let the needs of thes newborns and the yet to-be-conceived issues distract us, s we're always a little surprised whe the labor pains for *this* particula month begin. We rush to meet th deadlines, fuss with last-minute im provements, and run up against th realities of fitting our editorial materi al in with the advertising pages. Bu finally, everything goes off to th printer, and soon, a hot-off-the-pres copy of that issue lands on our desks

I'd be lying if I said this event eac month was as thrilling as the arrival o a new baby, but we feel much of th same excitement. We quickly coun all the toes and fingers to make sur some last-minute misprint hasn' spoiled our creation. Then we sit bac and enjoy the issue, page-by-page each editor dwelling proudly on his o her contributions.

Whether it's babies, cradles, o magazines, I guess the act of creatio brings much the same rewards. W only hope you enjoy our efforts a much as we do.

David Jordan

David Jordan, Editor in Chie

10-YEAR STUDY REVEALS VITAMIN C OFFERS NATURAL PROTECTION AGAINST HEART DISEASE.



The results are startling. Based on the analysis of this 10-year government study, people consuming about 300 mg of Vitamin C every day may add good, healthy years to their lives. While the present recommended daily allowance is 60 mg of Vitamin C, this analysis finds that there can be remarkable protection against heart disease when Vitamin C is consumed at the far greater level.

Research tracked people for a decade. Beginning in the early 1970s, the National Center for Health Statistics conducted this probe of the relationship between diet and health. They studied 11,348 average American men and women, ranging in age from 25 to 74, over the next ten years. Participants were representative of the general population with regard to disease history, smoking habits, alcohol consumption and exercise, among other things.

UCLA team analyzed results. A research team at UCLA's School of Public Health found that Vitamin C may help extend life expectancy. This study joins a body of scientific evidence showing a strong link between increased Vitamin C intake and improved health, including reduced risk of heart disease.

How to increase Vitamin C intake. Large amounts of Vitamin C are found naturally in many of your favorite foods and drinks. 100% Pure Florida Orange Juice is a major, natural source. You can get up to 97 mg of Vitamin C from every 8-oz. glass of orange juice. So just two delicious glasses bring you two-thirds of the way towards the goal of about 300 mg of Vitamin C each day.

Juice plus fruits and vegetables complete the natural picture.

Look how much Vitamin C is in an average serving:

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Grapefruit Juice	83mg	Strawberries	84mg	Grapefruit	41mg
Cantaloupe	113mg	Peas	77mg	Honeydew	32mg
Broccoli	97mg	Cauliflower	72mg	Raspberries	31mg
Brussels Sprouts	96mg	Orange	70mg	Tomato	22mg

Source: United States Department of Agriculture

Well-rounded diet recommended. A healthy diet, which includes orange juice every day, appears to be a smart way to protect against heart disease and add good years to your life.

For a free booklet that provides further information on the UCLA study and gives ideas on Vitamin C menu planning, write to: Vitamin C, P.O. Box 148, Dept. A, Lakeland, FL 33802-0148.

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Shown smaller than actual
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A perfect setting for nature's tiny winged jewel… a Bradford Exchange recommendation



ing above a snowy hibiscus, one of nature's smallest ers is splendid in the morning sun. Encircling this por- re bands of bright malachite green and lustrous gold nded by a border of hummingbirds and flowers. This rpiece by Lena Liu has been re-created on a fine porce- llector's plate. "The Ruby-throated Hummingbird" is le now—and it looks like a smart buy. Here's why it's ford Exchange recommendation:

e Ruby-throated Hummingbird" is an important first the first plate in *Lena Liu's Hummingbird Treasury* series W. S. George Fine China, an affiliate of the Bradford nge.

an impressive work of art, created from an original ng on silk by famed artist Lena Liu. Attesting to its tance, each plate will be hand-numbered and accom- d by a correspondingly hand-numbered Certificate henticity.

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adford Exchange…picking winners since 1973. World-wide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and eleven other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1988, you would have bought the second issue in the *Flowers of Your Garden* series, at just $24.50—a plate that last traded at $69.00.* More recently, if you had acquired "Morning Serenade," you would now own an exceptional Lena Liu plate that last traded at 180% of its issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is constantly changing. Some exceptional plates appreciate in value; some plates go down, and many remain at or near issue price. But right now, Bradford Exchange analysts rate "The Ruby-throated Hummingbird" as one of the year's top prospects…and we'll back up your purchase with our unconditional 365-day guarantee.

To acquire "The Ruby-throated Hummingbird" at its $29.50 issue price—backed by our 365-day guarantee—simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "The Ruby-throated Hummingbird" is now—*before* it has a chance to increase in value.

*As reported in the Bradford Exchange Market Report, Volume IV-8.

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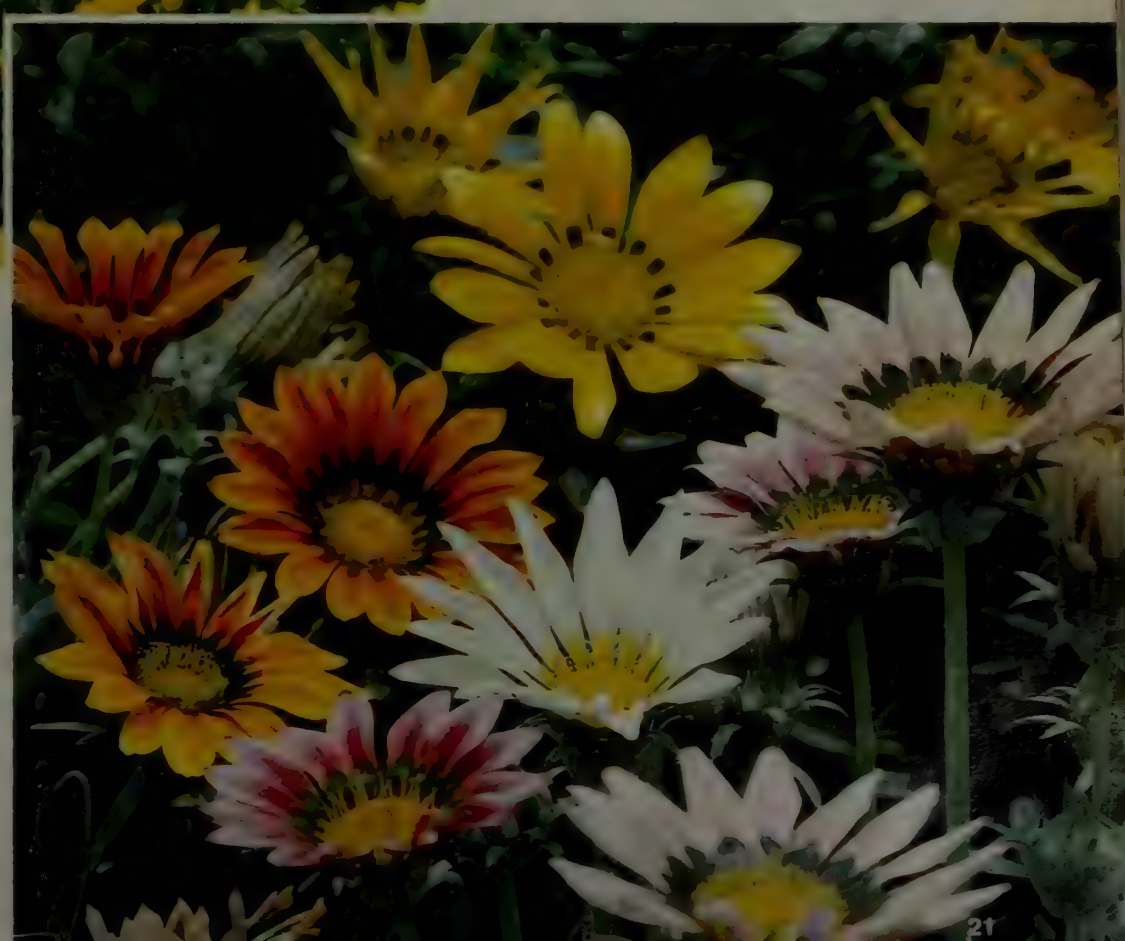
our picks for 1993

BY DOUGLAS A. JIMERSON AND JANE AUSTIN McKEON

Gardening is an ever-changing field—bigger, better, and more beautiful plant varieties crop up each year. Last summer, in the Better Homes and Gardens® *Test Garden, we grew an exciting array of new flowers and vegetables. Here are some of the top performers that you can grow in your own garden this spring.*







TALENT MIX GAZANIA

There's no business like the flower business when a showy new variety like Talent Mix gazania debuts. Blooming above attractive, silvery-white foliage, the colorful, 8-inch-tall flowers of white, yellow, orange, pink, and copper earn our applause for their stunning performance, both in beds and pots. Sow seeds outdoors in a sunny spot after danger of frost. Or start indoors for earlier bloom.

Buying information, page 30.

our picks for 1993

The All-America Rose Selections judges new roses in gar



SOLITUDE ROSE

You're not alone if you think that Solitude captures the radiant colors of a summer sunset. Reversing from orange to orange-gold, this vigorous grandiflora promises an abundance of blossoms with scalloped outer petals. Give Solitude the wide berth it deserves at the back of your rose border so it can live up to its grand potential.



RIO SAMBA ROSE

Named for the brilliantly dressed samba dancers in Rio, this exotically colored hybrid tea was a standout in the Test Garden. Sunlight intensifies the hues of the blooms, which turn from yellow in the centers to orange on the petal edges. Rio Samba's flowers grow one to a stem, making it excellent for cutting.



CHILD'S PLAY ROSE

Child's Play is as easy to grow as its name suggests. The bushy little plants grow only about 18 inches tall, a height we found to be ideal for growing at the feet of taller roses. Bearing tiny white blooms that are edged with pink, this miniature rose doesn't demand the pampering that some grown-up roses require.

Buying information, page 30 .



SWEET INSPIRATION ROSE

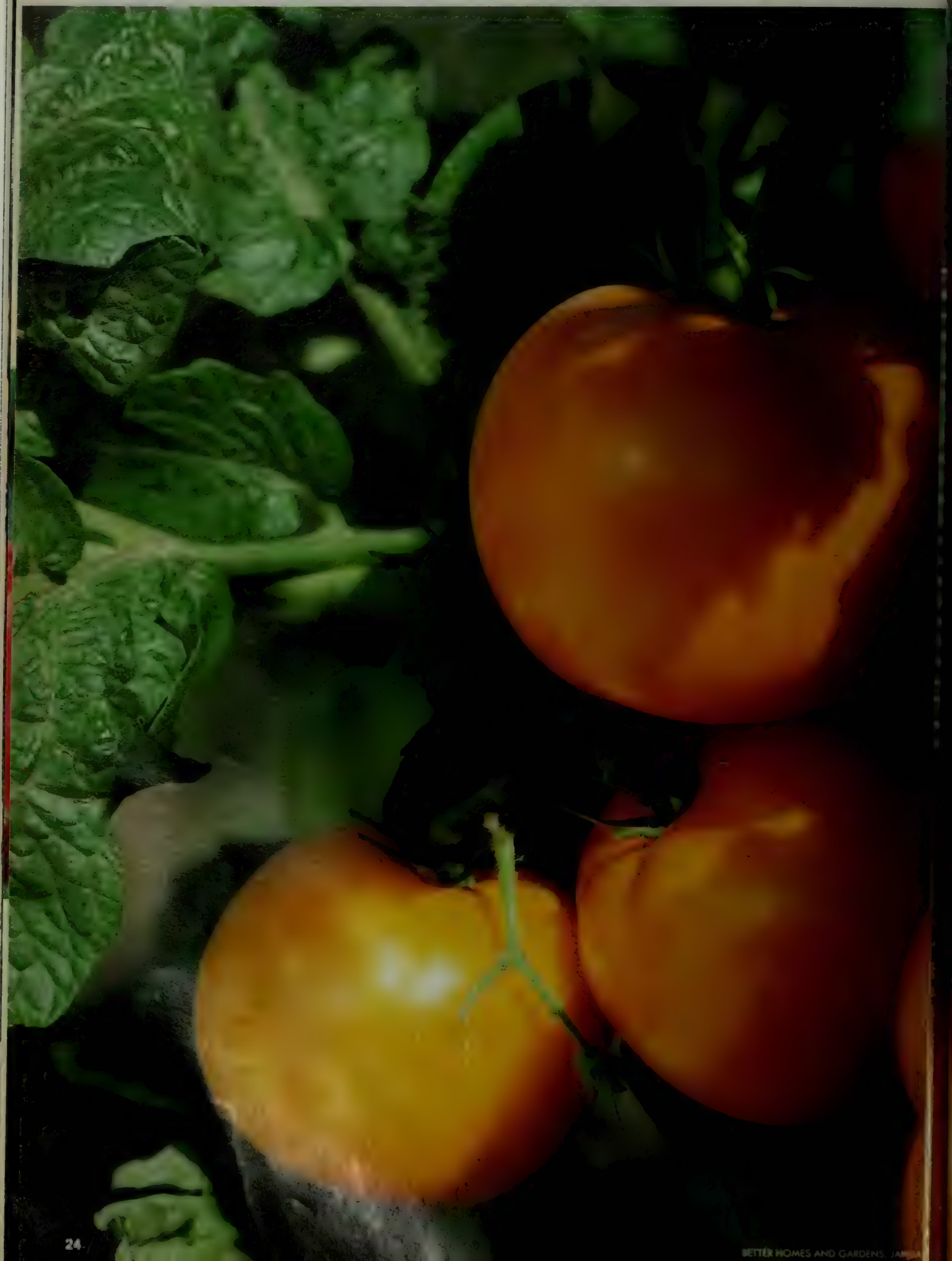
Here's an impressive new floribunda that's getting rave reviews from flower lovers and landscapers alike. Equally at home in a rose garden, perennial bed, or shrub border, Sweet Inspiration produces dense clusters of pink blooms on compact, bushy plants. It's disease resistant, too.

PHOTOGRAPHS: KARLIS GRANTS. REGIONAL EDITOR: CATHY HOWARD

nd the country. In 1993, four roses won the AARS seal of approval.



The All-America Selections awards medals to superio



varieties. This year, the AAS honors two flowers and two vegetables.



IMAGINATION VERBENA

Imagination verbena is the flower of your fantasies if you're challenged by hot, dry conditions. Unlike its taller sisters that fizzle out during midsummer heat waves, this sprawling variety grows like a ground cover and gathers steam from high temperatures. Imagination's violet-blue blooms electrify both borders and hanging baskets. For best results, start seeds indoors 10 weeks before the last expected frost. Plant outdoors in a sunny area.

Buying information, page 30.

MONT BLANC NIEREMBERGIA

The snowy-white blooms of Mont Blanc nierembergia are hitting gardens by storm. Once available only in purple, this annual blooms unflaggingly all summer, toughing out heat and drought. Because the plants grow to a height of only 4 to 5 inches, place them in the front of a flower bed so they can tumble over the edge. Start seeds of Mont Blanc early indoors and move plants outdoors to a sunny, well-drained location after frost danger has passed.



BABY BEAR PUMPKIN

Never mind those big pumpkins, Goldilocks. Baby Bear pumpkins weigh only two pounds, just right for jack-o'-lanterns. (You'll like to snack on the hull-less seeds, too.) Don't let these babies fool you, though—the vines gobble up as much space as mama and papa varieties. We recommend training them on a fence or trellis. For best results, start seeds early indoors in peat pots and move the seedlings (pots and all) outdoors after frost danger.



our picks for *1993* *Although they weren't chosen as All-America winners, these terrific newcomers performed brilliantly for us in the Test Garden.*



METRO NICOTIANA

Short and compact compared to their leggier sister strains, foot-tall Metro nicotianas never droop in midday heat as other varieties do. Colors in the Metro hybrid series include lime (*above*), red, white, rose, and lilac.



TROPICANA ROSE VINCA

The vibrant, rose-colored blooms on this new vinca are stunning when they're massed in a sunny or semi-shady area. The Tropicana series also includes Pink, Bright Eye (pale pink with a deep rose eye), and Blush (light rose with a deep rose eye).



STRIPED MARVEL MARIGOLD

Striped Marvel staged a spectacular show i the Test Garden last summer. Each petal sports yellow and red stripes, a novelty in t marigold family. Because the 2-foot-tall pla can get rangy, give this sun-loving annual plenty of elbowroom.

THE DRIP



SMALL MIRACLE ROSE

A Small Miracle can help the homeless families in America. A portion of the sale of each Small Miracle rose—dedicated for the benefit of parents and children in need—will go to The Better Homes™ Foundation, a nonprofit organization that makes funds available to communities for programs such as health care and preschool child care. The foundation also helps families find permanent housing.

A new miniature rose, Small Miracle grows to a height of 18 inches and produces an abundance of 2-inch-diameter, white blossoms.

To order a Small Miracle rose, call Jackson & Perkins at 800/292-4769. Specify item 2412W for a single plant (at a cost of $7.95, plus a $4.95 delivery charge), or item 2412CW for three plants (at a cost of $21.95, plus a $5.95 delivery charge). ***Buying information, page 30.***

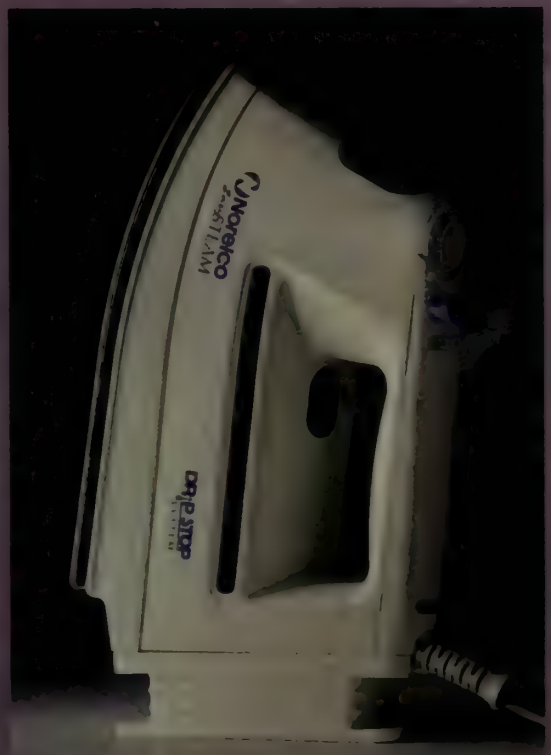
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Menopause is the r
on Premarin®. Ask you
(conjugated estrogens tablets) a reaso

The symptoms of menopause are very real: hot flashes, vaginal dryness and night sweats which may cause sleep disturbances.

For millions of women, these symptoms are effectively treated with estrogen replacement therapy.

And, the same treatment that relieves the symptoms of menopause can also help prevent osteoporosis (brittle bones), a disease that develops in about one of every four women over 50.

THE CONNECTION BETWEEN MENOPAUSE AND OSTEOPOROSIS.

After menopause, your body produces very little estrogen. Without estrogen, your bones can become fragile, more likely to break.

In fact, half of the bone mass women lose is lost in the first seven years after menopause begins. What's more, bone loss is irreversible. But even if some bone loss has occurred, estrogen can help prevent further loss. So it's important to ask your doctor if you're at risk of developing brittle bones.

HOW WOULD YOU ANSWER THESE IMPORTANT QUESTIONS?

Of course, some women are at greater risk for osteoporosis than others. This brief test will help determine your personal risk factor.

The more times you answer "yes", the grea your risk of developing osteoporosis.

RISK FACTOR TEST

QUESTION	YES
1. Do you have a small, thin frame or are you Caucasian or Asian?	☐
2. Do you have a family history of osteoporosis?	☐
3. Are you a postmenopausal woman?	☐
4. Have you had a hysterectomy?	☐
5. Have you been taking thyroid medication or cortisone-like drugs for asthma, arthritis, or cancer?	☐
6. Is your diet low in dairy products and other sources of calcium?	☐
7. Are you physically inactive?	☐
8. Do you now or have you ever smoked?	☐

Clip out and take to your doctor.

ASK YOUR DOCTOR IF ESTROGEN THERAPY IS RIGHT FOR YOU.

Regular weight bearing exercise and ca are important for everyone. However, for women at risk of osteoporosis, they may r enough. Estrogen, as part of a total treatr program including diet and exercise, can effective way to help prevent osteoporosis. estrogen doctors prescribe most is Premar Premarin has been shown to reduce hip forearm fractures by approximately 60%. ask your doctor if it's right for you.

n most women start octor if osteoporosis is stay on it.

E SIDE EFFECTS OF ESTROGEN OULD BE CONSIDERED.

with all drugs, there can be side effects n estrogen. One is the possibility of devel- ng cancer of the uterus. Be sure to discuss with your doctor. If you've had a hyster- my, you don't have this risk.

hen you ask your doctor whether you're at for osteoporosis, it's also portant to inform him er about all issues ting to your onal health family lth history. s history



should include instances of cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting, or heart disease.

While women entering menopause are not likely to become pregnant, estrogens should not be used during pregnancy because of possible risk to the fetus.

SYMPTOMS OF MENOPAUSE WILL PASS. THE RISK OF OSTEOPOROSIS WON'T.

If you're one of the women at risk for osteoporosis, you need to find out about it. Your doctor may recommend estrogen replacement therapy. Premarin® is the most widely studied estrogen and the one doctors prescribe most. In fact, more than 7 million women in the U.S. alone rely on Premarin for the treatment of symptoms of menopause or as part of a program to help prevent osteoporosis.



PREMARIN®
(conjugated estrogens tablets)

The appearance of this 0.625 mg tablet is a trademark of Wyeth-Ayerst Laboratories.

Please be sure to read the important information on the following page.

SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained by writing the manufacturers listed below.

OUR PICKS FOR 1993

Page 21: Talent Mix gazania—Park Seed Co., Cokesbury Rd., Greenwood, SC 29647-0001. **Pages 22–23: Sweet Inspiration and Rio Samba rose**—Jackson & Perkins, 2518 S. Pacific Hwy., Medford, OR 97501. **Solitude rose**—Edmunds Roses, 6235 SW. Kahle Rd., Wilsonville, OR 97070. **Child's Play rose**—Nor'east Miniature Roses, P.O. Box 307, Rowley, MA 01969. **Pages 24–25: Husky Gold tomato, Baby Bear pumpkin, Mont Blanc nierembergia, and Imagination verbena**—W. Atlee Burpee Co., 300 Park Ave., Warminster, PA 18974; Park Seed Co. (address above). **Page 27: Tropicana Rose vinca**—Park Seed Co. (address above). **Striped Marvel marigold**—Thompson & Morgan, Inc., P.O. Box 1308, Jackson, NJ 08527. **Metro nicotiana**—W. Atlee Burpee Co. (address above). **Small Miracle rose**—Jackson & Perkins (address above).

ARCHITECTS AND DESIGNERS

FIVE STEPS TO BUILDING A HOME OF YOUR OWN

Pages 61–66: Architectural designer—Andy Wilt, 829 Second St., Encinitas, CA 92024. **Contractors**—Mike Upton and Craig Sission, c/o Andy Wilt (address above).

TV SPOTS

Page 82: Designer—Michael Hoffman, 3519 A Arsenal, St. Louis, MO 63118. **Architect**—Th Lawrence Group Architects, 319 N. Fourth St Suite 1001, St. Louis, MO 63102. **Page 84: A chitect**—Laura Ducharme, ASID, 1250 Cav St., No. 4, La Jolla, CA 92037. **Page 85: Desig er**—Bruce Bierman Designs, Inc., 29 West 15 St., New York, NY 10011. **Page 87: Designer**-Marion Tomblin, 1004 Monticello Dr., Charle ton, SC 29412.

PAINT POWER

Pages 101–103: Intern architect—Darle Fernandez, I. William Sizeler Architects, 300 L fayette Mall, Ste. 200, New Orleans, LA 7013 **Architect**—José Fernandez, AIA, I. William S zeler Architects (address above). **Pages 10 106: Architect**—Frank Ching, **Interior desig er**—Debra Ching, 117 W. Denny Way, Ste. 21 Seattle, WA 98119.

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMARIN® Brand of conjugated estrogens tablets

This Summary describes when and how to use estrogens and the risks of estrogen treatment.

ESTROGEN DRUGS

Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable in view of their benefits. If you decide to start taking estrogens, check with your doctor to make sure you are using the lowest possible effective dose. The length of treatment with estrogens will depend upon the reason for use. This should also be discussed with your doctor.

USES OF ESTROGEN

To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries. The decrease in the amount of estrogen that occurs in all women, usually between ages 45 and 55, causes the menopause. Sometimes the ovaries are removed by an operation, causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest or sudden intense episodes of heat and sweating ("hot flashes"). The use of drugs containing estrogens can help the body adjust to lower estrogen levels.

Most women have none or only mild menopausal symptoms and do not need estrogens. Other women may need estrogens for a few months while their bodies adjust to lower estrogen levels. The majority of women do not need estrogen replacement for longer than six months for these symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of vertebrae, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as milk products) or taking calcium supplements (1,000 to 1,500 milligrams per day) and certain types of exercise may also help prevent osteoporosis.

Since estrogen use is associated with some risk, its use in the prevention of osteoporosis should be confined to women who appear to be susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white race, thinness, and cigarette smoking.

Women who had their menopause by the surgical removal of their ovaries at a relatively young age are good candidates for estrogen replacement therapy to prevent osteoporosis.

To treat certain types of abnormal uterine bleeding due to hormonal imbalance.

To treat atrophic vaginitis (itching, burning, dryness in or around the vagina) *and atrophic urethritis* (which may cause difficulty or burning on urination).

To treat certain cancers.

WHEN ESTROGENS SHOULD NOT BE USED

Estrogens should not be used:

During pregnancy. Although the possibility is fairly small, there is a greater risk of having a child born with a birth defect if you take estrogens during pregnancy. A male child may have an increased risk of developing abnormalities of the urinary system and sex organs. A female child may have an increased risk of developing cancer of the vagina or cervix in her teens or twenties. Estrogen is not effective in preventing miscarriage (abortion).

If you are breast feeding. Many drugs are excreted in human milk and can be passed on to your baby. Therefore, estrogen therapy should be used only when your doctor decides it is clearly necessary.

If you have had any heart or circulation problems. Estrogen therapy should be used only after consultation with your physician and only in recommended doses. Patients with a tendency for abnormal blood clotting should avoid estrogen use. This includes patients who currently have clots in the leg (thrombophlebitis), or any other part of the body (thromboembolic disorder). (See below.)

If you have had undiagnosed vaginal bleeding. If you have ever had abnormal bleeding from the vagina estrogens should not be used unless you have talked to your physician about this problem.

If you have had cancer. Since estrogens increase the risk of certain cancers, you should not take estrogens if you have ever had cancer of the breast or uterus. In certain situations, your doctor may choose to use estrogen in the treatment of breast cancer.

When they are ineffective. Sometimes women experience nervous symptoms or depression during menopause. There is no evidence that estrogens are effective for such symptoms. You may have heard that taking estrogens for long periods (years) after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence that this is so and such long-term treatment may carry serious risks.

DANGERS OF ESTROGENS

Cancer of the uterus. The risk of cancer of the uterus increases the longer estrogens are used and when larger doses are taken. One study showed that when estrogens are discontinued, this increased risk of cancer seems to fall off quickly. In another study, the persistence of risk was demonstrated for 10 years after stopping estrogen treatment. Because of this risk, *it is important to take the lowest effective dose of estrogen and to take it only as long as you need it.* There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

If you have had your uterus removed (total hysterectomy), there is no danger of developing cancer of the uterus. If you have your uterus, please refer to the section titled **"OTHER INFORMATION."**

Cancer of the breast. The majority of studies have shown no association with the usual doses used for estrogen replacement therapy and breast cancer. Some studies have suggested a possible increased incidence of breast cancer in those women taking estrogens for prolonged periods of time and especially if higher doses are used.

Regular breast examinations by a health professional and self-examination are recommended for wo receiving estrogen therapy, as they are for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbla disease needing surgery than women who do not use estrogens.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can c a stroke, heart attack or pulmonary embolus, any of which may be fatal.

Heart disease. Large doses of estrogen in men have been shown to increase the risk of certain diseases. This may not necessarily be true in women. In order to avoid the theoretical risk of high d the dose of estrogen you take should not exceed the dose recommended by your doctor.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with b and/or bone cancer.

SIDE EFFECTS

In addition to the risks listed above, the following side effects have been reported with estrogen use:

- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Breakthrough bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migra heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lens
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING RISK OF ESTROGEN USE

If you decide to take estrogens, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking estrogens, it is important that you visit your do least once a year for a physical examination. Special attention should be given to blood pressure, b abdomen, and pelvic organs. A Pap smear should be taken and tested at this visit. If members of you ily have had breast cancer or if you have ever had breast nodules or an abnormal mammogram (br ray), you may need to have more frequent breast examinations. Also be sure to let your doctor know have ever had liver or kidney disease, as this may affect the decision to use estrogen.

Reevaluate your need for estrogens. You and your doctor should reevaluate your need for estrog least every six months.

Be alert for signs of trouble. Report these or any other unusual side effects to your doctor immedi

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath or coughing blood (indicating possible the legs, heart, or lungs).
- Severe headache, dizziness, faintness, or changes in vision, indicating possible clots in the brain o
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION

Some physicians may choose to prescribe another hormonal drug to be used in association with e treatment for women with a uterus. These drugs, progestins, have been reported to lower the frequ occurrence of a possible precancerous condition of the uterine lining. Whether this will provide pro from uterine cancer has not been clearly established. There are possible additional risks that may be ated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable eff blood fats and sugars. The choice of progestin and its dosage may be important in minimizing these e

Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else

If you will be taking calcium supplements as part of the treatment to help prevent osteoporosis with your doctor about the amounts recommended.

Keep this and all drugs out of the reach of children. In case of overdose, call your doctor, hos poison control center immediately.

This Summary provides the most important information about estrogens. If you want to read m your doctor or pharmacist to let you read the professional labeling.

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This Brief Summary for Direct-to-Consumer Advertising is based on the current Premarin Tablets l 4060-1, Issued June 6, 1990 with the incorporation, in lay language, of pertinent text from the P insert, CI 4079-1, Issued May 23, 1991.

WAPR-8828-A

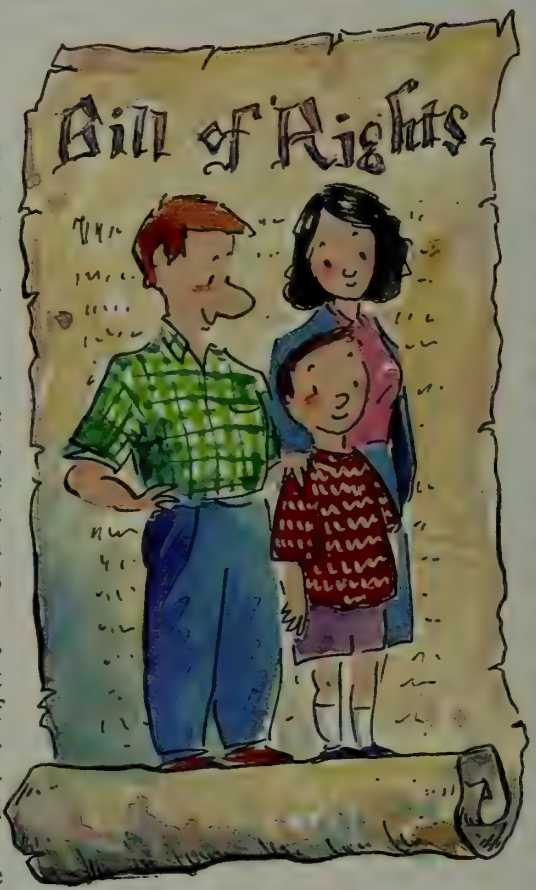
Worldwide Leadership in Female Healthcare

WYETH-AYERST LABORATORIES
Philadelphia, PA 19101


"Look, Daddy, look!
I caught this big fish
all by myself!"
Andy
Elke Hutchens

YOUR CHILD'S BILL OF RIGHTS

10 things you owe your kids



Caring parents understand that all children have certain rights—and that honoring those rights does wonders for a youngster's development. To help ensure that *your* kids have a psychologically healthy upbringing, uphold their rights to:

Get emotional security. Your kids deserve your unconditional love and acceptance. To acknowledge this right, adults should never manipulate kids in any way, shape, or form. That includes, for example, pressuring a child to play sports when athletics is neither the child's forte nor interest.

Live in a nurturing environment. The world should be an inviting—not a threatening—place for children. If possible, get involved in your community to help promote safe neighborhoods and safe schools for all youngsters.

Reach their potential. All kids are born with the capacity for outstanding achievement. Such a gift is wasted unless the child's environment supports the growth of imagination, creativity, and resourcefulness. Given reasonable boundaries, your kids should be free to explore (get into things), experiment (make a mess), and be active (stay one step ahead of you).

Make plenty of mistakes. Children cannot learn without making errors. Of course, you should try to prevent your children from making *certain* mistakes; however, it's better to help kids *learn* from their mistakes. For example, when your child chooses the "wrong" friend, don't forbid the relationship. Instead, try to guide your child toward independently realizing that the friendship will cause problems. This requires adults who are tolerant, yet hold children accountable for their own behavior.

Experience independence. Try not to solve problems that your kids can solve for themselves. These include finding things to do after school, resolving conflicts with peers, and creating science projects. Children learn to stand on their own two feet when adults provide adequate support and guidance, yet know when to back off.

This is perhaps the most painful aspect of parenthood. It means watching children struggle with frustrations. Just keep in mind that a child who is constantly rescued from frustration may never develop the ability to persevere in the face of it.

Face discipline. The most effective disciplinarians rarely punish their children. They simply communicate, in firm yet loving terms, how they stand on issues and where they want their children to stand.

These are adults who do not threaten, beat, or bribe their kids. They are tolerant of disagreement, but not disobedience. They give their children lots of freedom, but hold them fully accountable for their own behavior.

Practice responsibility. Between the ages of 3 and 4, doing chores without pay should become an everyday part of your children's lives. You can start by having your kids pick up toys. Their responsibilities should expand to eventually include almost every aspect of housekeeping. It's not unreasonable to expect a child older than 7 to contribute 45 minutes each day to helping the family.

Enjoy free time. And lots of it! Instead of having their lives cluttered with adult-driven activities, your kids should have time to cultivate hobbies and other independent pursuits. They should also have plenty of time to do nothing but lie on their backs and watch the clouds float by. This is what defines happy kids, ones who grow into adults who are capable of balancing work and play.

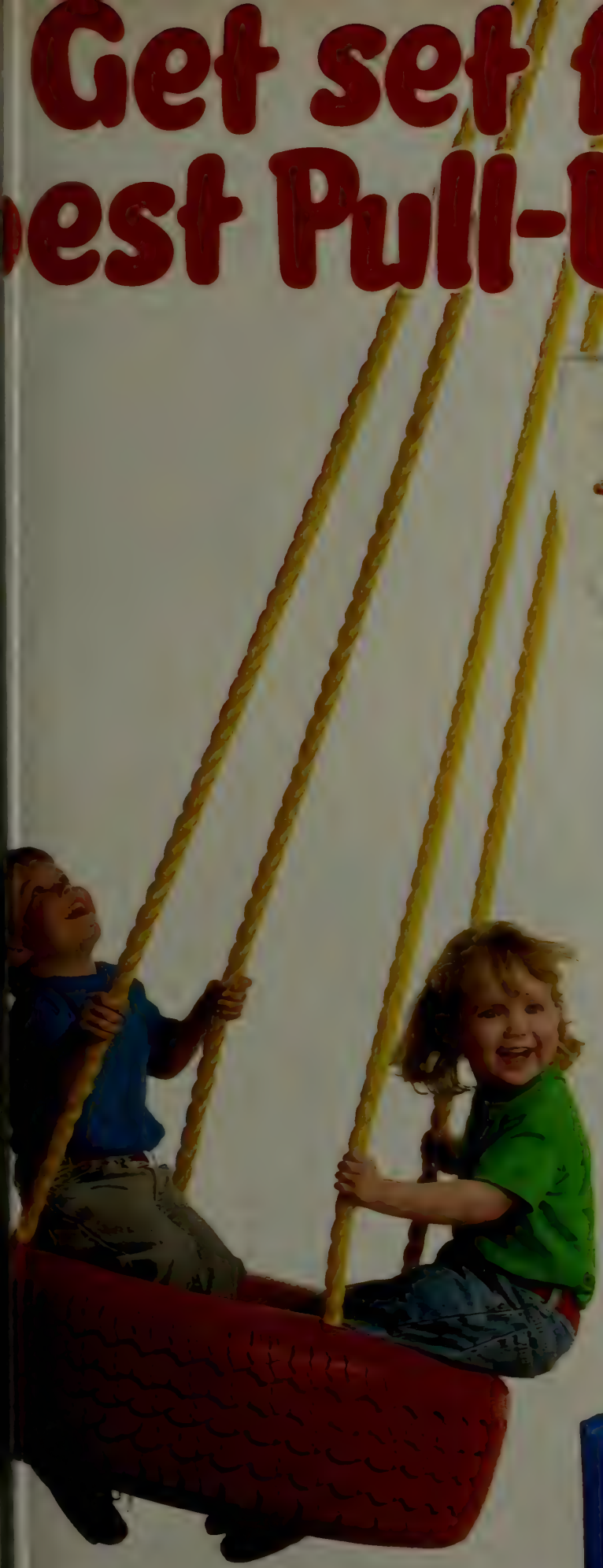
Hear the truth. Adults should never lie to kids. In fact, adults have a moral obligation to present an accurate picture of reality to the younger generation. Certain "truths" should be part of every child's upbringing, such as: In the real world, you're held accountable for your behavior, and you can't get something for nothing.

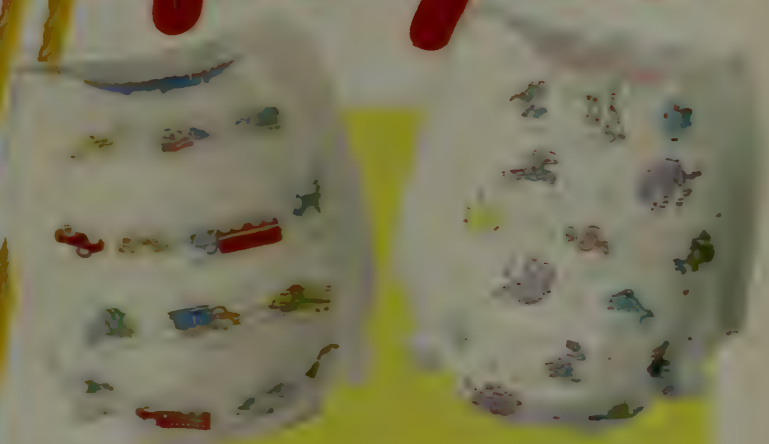
Receive a quality education. Kids deserve to be taught by folks who recognize that every child is gifted in some way, and that IQ is less vital to success than initiative, resourcefulness, and effort. Such an education should give kids basic skills, along with the freedom to discover and develop their unique talents.



Family psychologist John Rosemond's most recent book, Parent Power! *(Andrews/McMeel), can be found in bookstores throughout the country.*

Get set for the best Pull-Ups yet!





Now Pull-Ups® training pants for boys and girls are new from the inside out.

Big-Kid Confidence.
Now Pull-Ups provide leakage protection where boys and girls need it most.

Big-Kid Fit.
Now Pull-Ups are trimmer than our original training pants to be more like big-kid underwear.

Big-Kid Look.
Fun prints for girls and boys, more like panties and briefs.



Go on like underwear.
Protect like a diaper.

MOTIVATING STUDENTS
New ideas to get our kids moving

Inspiring today's seen-it-all students takes imagination—and experimentation. Here are a few examples of unconventional programs that are helping to reshape America's schools.

Prizes for performance. A growing number of schools are rediscovering a powerful, old-fashioned way to inspire youngsters: bribe them.

Reward-for-performance programs allow kids to earn special privileges, such as discounts at local stores, days off from school, free reserved parking, and free tickets to local events, by getting good grades or attending classes regularly.

The Minneapolis-based Renaissance Education Foundation, which began touting incentive programs in 1988, has more than 2,200 schools across the country participating.



To encourage high achievement in their students, schools are turning to programs that award good grades.

The incentive programs vary school by school, but many include the use of colored ID cards. For example, a student who made straight A's might earn a gold card, whereas a child who had A's and B's would receive a red card. Students who had perfect attendance might get a blue card.

Then, depending on the color of a student's card, he or she becomes eligible for special perks. The better the card, the greater the rewards.

Not everyone agrees that dangling goodies in front of students' noses is a good idea, especially for long-term learning. Opponents worry that once the carrot is taken away, students will lose their appetite for education.

On-the-job training. For millions of high school students—fully 50 percent—college is not an option—or even a future interest. To serve these non-college-bound students, a small but growing movement is under way to set up youth apprenticeship programs with local businesses. These school-to-work programs help kids get the hands-on job training they'll need to enter the work force after graduation.

Youth apprenticeship programs differ from traditional vocational-education programs in a number of ways, says Stephen Hamilton, a Cornell University professor and author of the book *Apprenticeship for Adulthood: Preparing Youth for the Future* (Free Press, 1990).

First, youth apprenticeship programs allow kids to work in actual businesses, outside the school. Most traditional vocational-education training takes place in a school laboratory. Hamilton's Youth Apprenticeship Demonstration Project students are limited to 10–15 hours of work per week.

Hamilton says that a good youth apprenticeship program—such as those run by printing companies in the Fox Valley area of Wisconsin—is modeled directly after the system in Germany, in which kids attend school two days a week and work the other three days.

The goal of these methods is to produce apprentices who have the credentials to move directly into high-skilled jobs, says Hamilton. Even so, he cautions that youth apprentices are not being trained to compete for traditional apprentice-type jobs such as carpenters, plumbers, and electricians. These trades already have well-developed apprenticeship programs.

Instead, Hamilton's program trains kids to make the leap into health-care, manufacturing, engineering technology, and administration and other technology jobs.

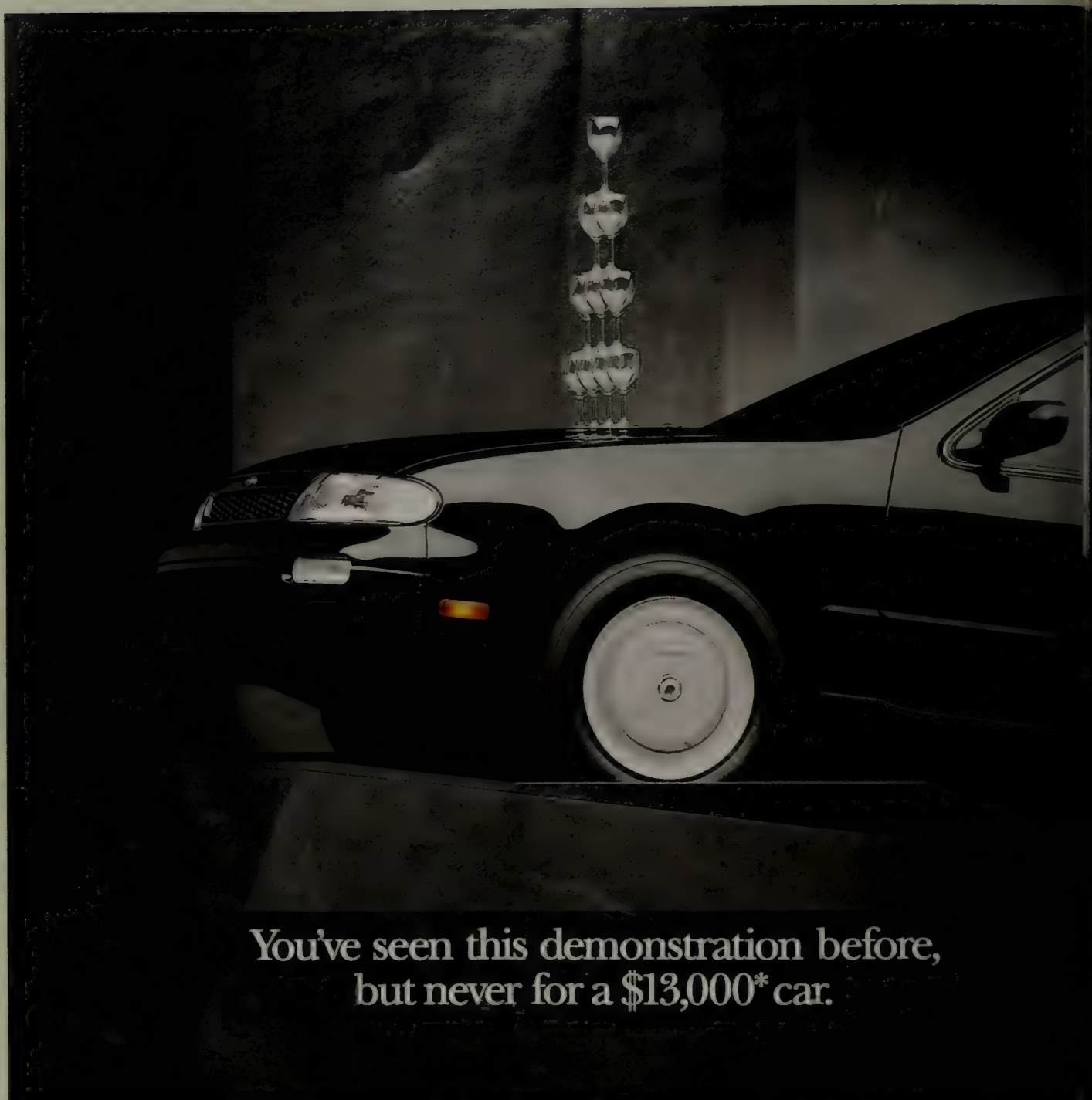
Students in the program reap benefits beyond learning job-training skills. Many of them are forced to take more challenging academic courses, especially in math and science, to better understand their apprentice jobs.

HOW TO HELP YOUR KIDS BECOME BETTER READERS

Motivating kids to become world-class readers is not just a job for teachers. It's your job as well. That's why Chrysler Corporation, the American Federation of Teachers, and the Association for Supervision and Curriculum Development have launched a new reading program that helps parents, children, and their schools.

For information on how to receive free materials that can help you inspire your kids to become better readers, turn to the special section that starts on page 67. Also learn about opportunities to win money for your child's school library.


Each bloomer washed in 50% more detergent following tough laundry instruction on the box.
©1992 The Procter & Gamble Company
Little behinds get nothing but dirty.
Another leading detergent leaves them nothing but dingy.
But with Tide with Bleach® they're not just white, they're dazzling.
Outstanding Whitening Power!
ULTRA
Tide
with Bleach
If it's got to be clean, it's got to be Tide.



You've seen this demonstration before, but never for a $13,000* car.

The front wheels are on a dynamometer. Ten seven-inch glasses have been placed on its hood. The engine starts. The wheels turn. Quickly, the car reaches speeds in excess of 100 mph. The glasses remain in place, perfectly intact.** But all perceptions that a car has to be expensive to be exceptional have been completely shattered.

The new *Nissan Altima*™ has just arrived, and already automotive history has been made. A car that starts at $13,000* has just passed the luxury sedan entrance exam for smoothness of ride.

Exactly how did we make our new car do what a $40,000 car can?

It wasn't easy.

To begin with, we bolted the engine to the chassis with liquid-filled engine mounts. These mounts a "cushions," signi reducing vibrat and engine noi Next, we mount independent fi and rear suspe to anti-vibratio

*Nissan Motor Corporation in U.S.A. Smart people always read the fine print. And they always wear their seat belts. *Manufacturer's suggested retail price for Niss XE excluding taxes, title, license, destination charges and options. Manufacturer's suggested retail price for test vehicle (XE model with automatic transmission) is*



Simulation of actual test.

Working in
with four shock
rs, the sub-
serve as stabi-
keeping wheel
n isolated from
y of the car.
result of our
efforts, the *Altima* is one of the most impressive Nissans ever built. And, quite possibly, the smoothest running $13,000 car in the world.

Okay, you know how well it performs on a dynamometer, but how does it do on the road?

The *Nissan Altima's* advanced suspension system provides it with an incredibly quick steering response—enabling it to out-slalom an Acura Legend L Sedan. When equipped with optional ABS, the *Altima* can out-brake a BMW 325i. And its DOHC 150-horsepower engine provides it with more freeway merging power than a Mercedes-Benz 190E 2.3.**

Of course, we'd like nothing better than for you to test our remarkable car for yourself. Just call us at 1-800-NISSAN 3, ext. 603 and we'll put you in touch with your nearest Nissan Dealer. We'll even send you more detailed information if you'd like.

Once you've experienced the new *Nissan Altima,* we think you'll agree, nothing else will stack up.

The New Nissan

Altima

It's time to expect more from a car.™

n independent tests conducted by AMCI. 1993 Nissan Altima XE or SE versus 1992 competitive vehicles. Merging power based on time and distance required te from 20-55 mph. Slalom comparison based on course completion time. Braking based on stopping distance from 50-0 mph on a wet road surface.

SNOWFLAKE QUILT
A blizzard of hand appliqué



Crisp white snowflakes on a quilted pink ground beckon you to snuggle in for winter's duration. Reminiscent of Grandma's day, this 75×90-inch quilt from the '30s has four distinct patterns of flakes and a sawtooth border, all hand-appliquéd onto a cheery quilt top. We'll tell you how to make it just like they did in the good old days.

Try your hand at this delicate stitching with just a blocks for a wall hanging first, then move on to the qu

continued on page

Instructions begin on page 44.
Buying information, see page 138.



MS. BENNETT-SMITH 31 BUT WHO'S COUNTING

You're

NO GREASY CREAMS

never

NO HEAVY PERFUMES

too

NO DEODORANTS

old

JUST THE BASICS

to

WHAT ELSE COULD

baby

YOU POSSIBLY NEED

your

FOR YOUR SKIN

skin

IVORY SOAP

99.44% PURE®

Quilter's *almanac*

Tips and tools to make quilting easier

Take a break from stitching to see what's new. We reached into our scrap bag and pulled out a few quilters' favorites—the latest in products and sources, fun ways to display, and tips that ensure success.

By Jilann Severson



RACK IT UP

Hang your quilted treasures out for display on a classic oak rack. The editors of *WOOD*® magazine developed an easy-to-follow project plan for making the rack shown at *left*. To order the plan, send a check or money order for $9.95 to:

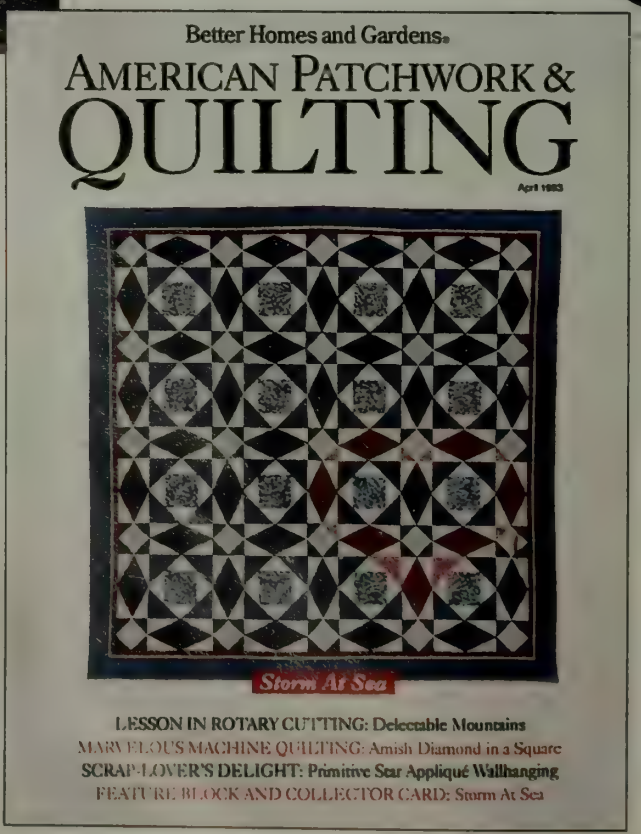
Better Homes and Gardens
Project Plan Sales
P.O. Box 9255
Dept. 0112-N
Des Moines, IA 50306

SHEAR DELIGHT

Cut down on hand and finger discomfort with the new Softouch scissors from Fiskars. Oversize padded handles, spring action blades, and an ergonomic design mean less stress for impaired hands and hard-core crafters. Available at fabric and crafts stores near you for about $19.95.

HOT OFF THE PRESS

Be the first quilter on your block to discover the new *American Patchwork and Quilting*™ magazine from *Better Homes and Gardens*® magazine. Full-size patterns, step-by-step photos, special machine-quilting projects, and bimonthly lessons team up with beautiful projects in every issue. To sign up as a charter subscriber, see *page 137*. *Happy Stitching!*



SIZE IT UP

Whether bagging bargains at an auction or perusing patterns to stitch yourself, follow these guidelines to make sure that new quilt fits your bed.

FINISHED SIZES

Since personal preferences vary widely and dimensions vary a little, it's best to measure your bed. Include the amount you want to tuck under pillow and drape over the sides, head, and foot of the bed.

continued on page

So simple you
soften with one paw
behind your back.



imple. Single. Soft.

ush-tab opening. Compact
sy to store.

Dispenses sheets one-at-a-time.
No more tearing.

A soft you can really
cozy up to.



What's Red-Hot, Plenty Powerful, And Perks Up Anything?

QUILTER'S ALMANAC

continued from page 42

The standard mattress sizes (*below*) provide a guideline for when you can't measure a specific bed. These measurements are the top of the bed only.

Crib—27×52 inches
Youth—33×66 inches
Twin—39×74 inches
Full—54×74 inches
Queen—60×80 inches
King—78×80 inches

Another option is to follow common comforter and bedspread measurements. Comforters usually cover only the top, sides, and foot of the mattress and team up with a dust ruffle to cover the box springs. Average measurements are as follows:

Twin—66×86 inches
Full—76×86 inches
Queen—86×88 inches
King—102×88 inches

Bedspreads fall almost to the floor and allow for a pillow tuck. The average sizes for bedspreads are:

Twin—80×108 inches
Full—96×108 inches
Queen—102×118 inches
King—120×118 inches

ADAPTING A PATTERN

You're smitten by a quilt design and have the itch to stitch, but the pattern size isn't a perfect match for your bed? No problem. It's easy to alter most patterns to suit your needs.

Adding: To increase a quilt's size, add another row of blocks to whatever side needs adjusting. If a small amount is needed, increase the width of the sashing or border strips. Adding borders is like double-matting a picture—it gives both interest and width to the quilt. Remember to increase the yardage when buying the fabrics.

Decreasing: To reduce the size of a quilt, decrease the size of the sashing strips or eliminate them altogether. Do the same with the borders, using the binding to frame the quilt.

Not all quilts can be adapted successfully, so do your measuring and planning before investing.

SNOWFLAKE QUILT

continued from page 40

SNOWFLAKE QUILT, page 000

Materials: 45-in.-wide fabric in following amounts and colors: 7 pink, 4⅜ yd. white, 5½ yd. backi quilt batting; cardboard or plastic templates; water-erasable marker.

Instructions: Finished size, appro mately 75×90 in.; block size, 15 square. Unless otherwise stated, s with right sides together using ¼- seam allowances. Measurements g en for background blocks and bord include seam allowances. Enlarge p terns on *page 45* to scale, flopping complete. For each snowflake, cut template for appliqué guideline a templates of each shape for cutti add seam allowances if desired.

Cutting: Cut two 8×94-in. side b ders and two 8×79-in. end bord from pink. Cut twenty 15½-in. ba ground squares from remainder.

From white, cut two 2¼×94- strips for sawtooth side border t and two 2¼×79-in. strips for trim. From remaining white, twenty 15-in. squares for snowflak

Trace snowflake shapes onto r side of white, adding ⅛–¼ in. se allowances to all pieces. Cut 5 sn flakes of each pattern.

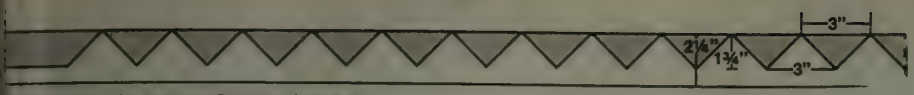
Appliqué: Trace each snowfl pattern onto 5 squares, centering. pieces to appropriate squares; ha appliqué in place.

Assembly: Lay blocks in 5 horiz tal rows with 4 blocks each, arrang patterns as desired. Quilt shown *page 40* has matching patterns i ning in diagonal rows. Sew block form quilt top.

For sawtooth borders, fold strip half crosswise. Referring to borde agram on *page 45*, snip away trian to form sawtooth edges. End bor will have 24 peaks; side borders have 30 peaks. Baste straight edge sawtooth borders to pink borc matching outer raw edges. Appl sawtooth edges in place.

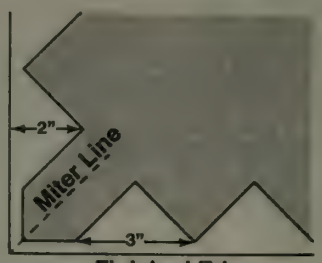
Sew borders to quilt top, center Miter corners to resemble corner gram on *page 45*.

Finishing: Cut backing in half cr wise. Join along long edges with ½ seam. Trim seam allowance and vages. Trim backing to measure



ORDER CUTTING DIAGRAM

. larger than top. Layer backing, tting, and quilt top. Baste.
Quilt around snowflakes and along ock seam lines or as desired. Trim cking and batting even with top; rn under ¼ in. Slip-stitch edges, en- sing raw edges and batting.



Finished Edge

BORDER CORNER DIAGRAM

PPLIQUE PATTERNS



1 Square = 1 Inch



Guess Again.

The Dirt Devil® Upright Deluxe™. It has the power to take on the toughest messes, from pet hair to ground-in dirt. While the vacuum's still running, you can go from floor to attachment cleaning, and spruce up your drapes, furniture – all those hard-to-reach spots! For all your vacuuming needs, Dirt Devil is the answer.

Dirt Devil® by Royal®

For a Dirt Devil retailer near you, call 1-800-321-1134. In Canada, call 1-800-661-6200.

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OU CAN FEEL BETTER ABOUT MENOPAUSE, RIGHT DOWN TO YOUR BONES.

ile it's true that menopause is as natural as iberty was, it can seem a bit frightening. And tors tell us that loss of estrogen at menopause elerate bone loss, which can lead to post- usal osteoporosis. In just the first seven years nopause begins, you could lose up to 50% of all mass you'll ever lose.

TRADERM® CAN HELP STOP BONE LOSS

n-rich diet and exercise play an important part nting osteoporosis. Estraderm can help, too. m is a clear patch that delivers estradiol your skin into the bloodstream, similar to the ovaries did before menopause. Sometimes the n cause skin irritation, although this happens n when it's worn on the buttocks.

BENEFITS VS RISKS OF ESTRADERM

rtant to balance risks against proven benefits. m has been used safely by millions of women e hot flashes, night sweats, and other menopausal symptoms. And a study at the Mayo Clinic has confirmed that Estraderm can halt bone loss and prevent postmenopausal osteoporosis. Of course, this doesn't mean that Estraderm is for every woman. For example, pregnant women should avoid estrogen therapy. Also, estrogen therapy has been associated ncreased risk of uterine cancer. Women should r doctor if they have ever had cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting or any cardiovascular disease.



IMPORTANT ISSUES TO DISCUSS WITH YOUR DOCTOR:

Q. Am I at risk for postmenopausal osteoporosis?

—All women will lose some bone during menopause. But some will lose more than others. You should discuss osteoporosis and the benefits and risks of estrogen therapy with your doctor as part of your regular checkup.

Q. What can I expect from Estraderm as part of an osteoporosis-prevention program?

—This depends on when you start therapy, the condition of your bones when you start, and how long you continue. You should remember that a calcium-rich diet and exercise are also an important part of an osteoporosis-prevention program.

A FREE MENOPAUSE INFORMATION PACK

A complete menopause information pack (with facts about postmenopausal osteoporosis) and a sample nonmedicated patch to try are yours for the asking. Just call 1-800-521-CIBA, or send this coupon.

TO RECEIVE YOUR FREE MENOPAUSE INFORMATION PACK, MAIL TO CIBA, P.O. BOX 907, SPRING HOUSE, PA 19477-9945

1-800-521-CIBA, EXT. BH09G

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

B11-09

ESTRADERM® ESTRADIOL TRANSDERMAL SYSTEM
AVAILABLE IN 0.05 MG AND 0.1 MG STRENGTHS.

See next page for additional important information.

Estraderm

ESTRADIOL TRANSDERMAL SYSTEM

OW THE CHANGE OF LIFE DOESN'T HAVE TO CHANGE YOURS.

©1992. CIBA-GEIGY CORPORATION 109-12677-C

CIBA

Important Information on Estraderm Continued from Previous Page

Estraderm®
estradiol transdermal system
Continuous delivery for twice-weekly application

BRIEF SUMMARY (FOR FULL PRESCRIBING INFORMATION, SEE PACKAGE INSERT).

ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae; and prevention of osteoporosis (loss of bone mass).

Estrogen replacement therapy is the most effective single modality for the prevention of postmenopausal osteoporosis in women. Case-controlled studies have shown a reduction of approximately 60% in the incidence of hip and wrist fractures in women who began estrogen replacement therapy within a few years of menopause. A recent, well-controlled, double-blind, prospective trial conducted at the Mayo Clinic has demonstrated that treatment with Estraderm prevents bone loss in postmenopausal women at a dosage of 0.05 mg per day.

Treatment with Estraderm 0.05 mg showed full maintenance of bone density with slight (0.8%), but not significant, increase. Placebo treatment resulted in a significant loss of more than 6% below baseline vertebral bone mass. Patients using either Estraderm 0.1 mg, or 0.05 mg, had significantly greater bone densities than those using placebo.

Other studies suggest that estrogen replacement therapy reduces the rate of vertebral fractures.

Peak bone mass is reached at age 30 to 35 and can best be maximized by adequate calcium intake and exercise during the adolescent and early adult years. Early menopause is one of the best predictors for the development of osteoporosis. White women are at higher risk for osteoporosis than white men, black women are at higher risk than black men, and thin women are at higher risk than obese women. Cigarette smoking may be an additional risk factor. Calcium deficiency has been implicated in the pathogenesis of this disease. Therefore, when not contraindicated, a calcium intake of 1000-1500 mg/day either by diet or supplements is recommended for postmenopausal women.

Immobilization and prolonged bedrest produce rapid bone loss, while weight-bearing exercise has been shown to both reduce bone loss and to increase bone mass. The optimal type and amount of physical activity that might lower the risk of osteoporosis have not been established.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up study has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.
5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.
6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patient receiving estrogen, the medication should be discontinued while the cause is investigated.
9. Estrogens may be poorly metabolized in patients with impaired liver function and should be administered with caution in such patients.
10. Because the prolonged use of estrogens influences the metabolism of calcium and phosphorus, estrogens should be used with caution in patients with metabolic bone diseases associated with hypercalcemia and in patients with renal insufficiency.

Information for Patients

See Patient Package Insert printed below.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests may be affected by estroge containing oral contraceptives. The following changes have been observed with lar doses of oral estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII, IX, and X; decreas antithrombin 3; increased norepinephrine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increased circulating to thyroid hormone (T_4) as measured by column or radioimmunoassay; free T_3 re uptake is decreased, reflecting the elevated TBG; free T_4 concentration is un tered; TBG was not affected in clinical trials of Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration, and decreas pregnanediol excretion.

The pathologist should be informed that the patient is receiving estrogen thera when relevant specimens are submitted.

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certa animal species increases the frequency of carcinomas of the breast, cervix, vagi and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursing mothers should done only when clearly necessary since many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potential adverse effects on the fet induction of malignant neoplasms, increased incidence of gallbladder disease, a adverse effects similar to those of oral contraceptives, including thromboembolis

The most commonly reported adverse reaction to Estraderm in clinical trials w redness and irritation at the application site. This occurred in about 17% of the wom treated and caused approximately 2% to discontinue therapy. Reports of rash h been rare.

The following additional adverse reactions have been reported with estroge therapy, including oral contraceptives:

Genitourinary System: Breakthrough bleeding, spotting, change in menstrual fl increase in size of uterine fibromyomata; change in cervical erosion and amoun cervical secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal cramps, bloating; cholestatic ja dice have been observed with oral estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance to contact lenses.

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, change in libido.

DOSAGE AND ADMINISTRATION

The adhesive side of the Estraderm system should be placed on a clean, dry area of skin on the trunk of the body, (including the buttocks and abdomen). *Estrad should not be applied to the breasts.* The sites of application must be rotated, with interval of at least 1 week allowed between applications to a particular site. The selected should not be oily, damaged, or irritated. The waistline should be avoi since tight clothing may rub the system off. The system should be applied immedia after opening the pouch and removing the protective liner. The system shoul pressed firmly in place with the palm of the hand for about 10 seconds, making there is good contact, especially around the edges. In the unlikely event that a sys should fall off, the same system may be reapplied. If necessary, a new system ma applied. In either case, the original treatment schedule should be continued.

Initiation of Therapy

Treatment of menopausal symptoms is usualy initiated with Estraderm 0.05 applied to the skin twice weekly. The dosage should be adjusted as necessar control symptoms. The lowest dosage necessary for the control of symptoms sh be used, especially in women with an intact uterus. Attempts to taper or discont the medication should be made at 3- to 6-month intervals.

Prophylactic therapy with Estraderm to prevent postmenopausal bone loss sh be initiated with the 0.05 mg/day dosage as soon as possible after menopause dosage may be adjusted if necessary to control concurrent menopausal symptc Discontinuation of estrogen replacement therapy may reestablish the natural ra bone loss.

In women not currently taking oral estrogens, treatment with Estraderm ma initiated at once. In women who are currently taking oral estrogen, treatment Estraderm should be initiated 1 week after withdrawal of oral hormone replace therapy, or sooner if menopausal symptoms reappear in less than 1 week.

Therapeutic Regimen

Estraderm therapy may be given continuously in patients who do not have an uterus. In those patients with an intact uterus, Estraderm may be given on a c schedule (e.g., 3 weeks on drug followed by 1 week off drug).

HOW SUPPLIED

Estraderm 0.05 (estradiol transdermal system)—each 10 cm^2 system contains of estradiol USP for nominal* delivery of 0.05 mg of estradiol per day

Patient Calendar Pack of 8 Systems	NDC 0083-231
Carton of 6 Patient Calendar Packs of 8 Systems	NDC 0083-231
Carton of 1 Patient Calendar Pack of 24 Systems	NDC 0083-23

Estraderm 0.1 (estradiol transdermal system)—each 20 cm^2 system contains of estradiol USP for nominal* delivery of 0.1 mg of estradiol per day

Patient Calendar Pack of 8 Systems	NDC 0083-23
Carton of 6 Patient Calendar Packs of 8 Systems	NDC 0083-23
Carton of 1 Patient Calendar Pack of 24 Systems	NDC 0063-23

*See DESCRIPTION.

Do not store above 86°F (30°C).
Do not store unpouched. Apply immediately upon removal from the protective p

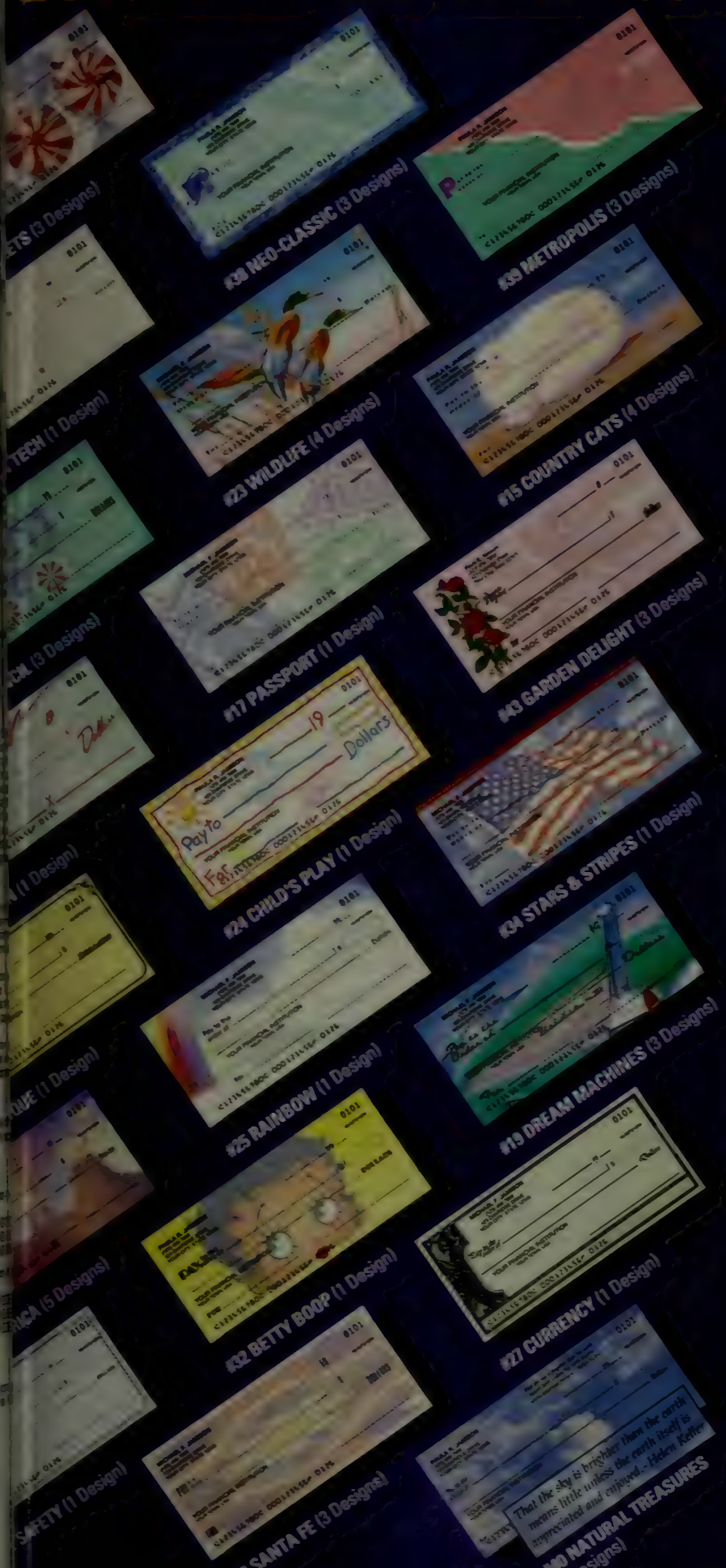
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200 single - $4.95 (reorders $6.95)	
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150 duplicate - $5.95 (reorders $9.95)	
300 duplicate - $15.50 (reorders $19.75)	
Shipping & handling	1.00
In-plant rush (optional) - $2.50	
Sales tax - CA & OH residents only	
Grand total	

Enter check starting number. ☐☐☐☐☐
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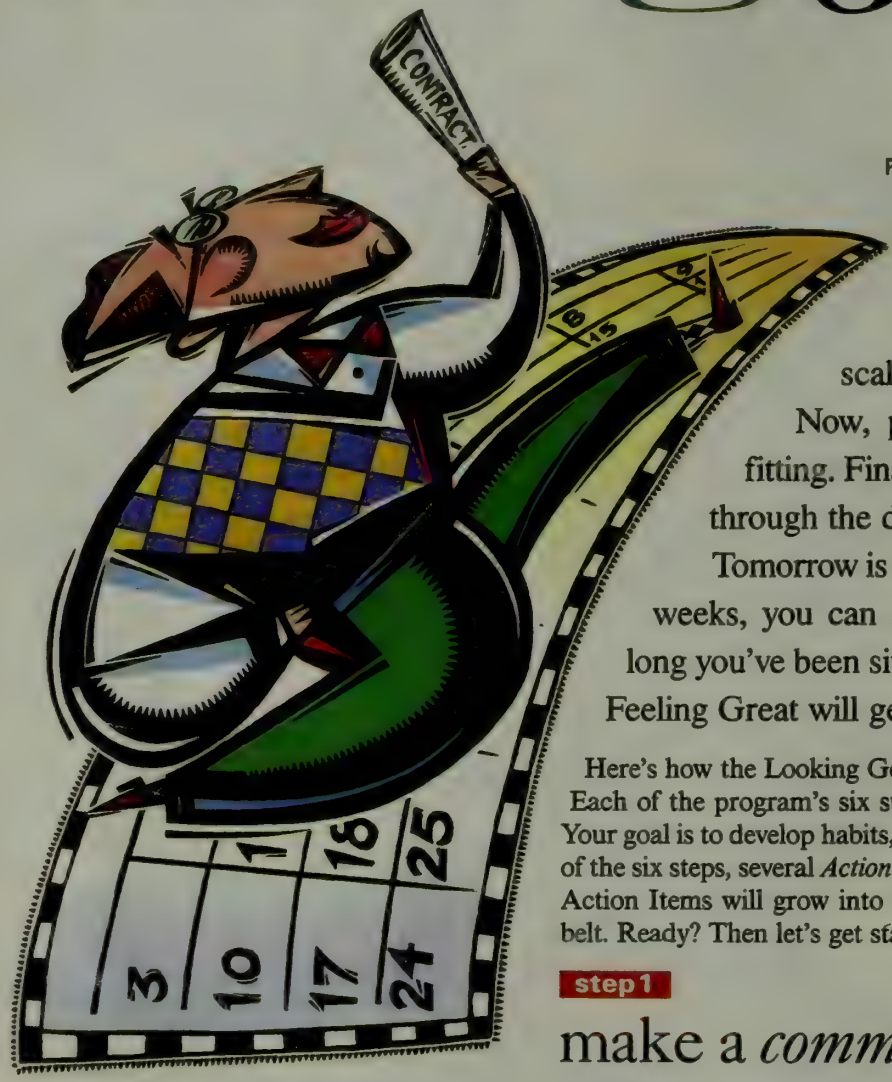
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looking Good feeling *Great*



BY
PAUL KRANTZ

Six steps to a happier, healthier you

Imagine stepping on th scale tomorrow morning and smilin Now, picture everything in your clos fitting. Finally, feel new energy as you boun through the day.

Tomorrow is closer than you think. In just a fe weeks, you can start to revitalize, no matter ho long you've been sitting on the couch. Looking Goo Feeling Great will get you up and running.

Here's how the Looking Good, Feeling Great program works: Each of the program's six steps is based on sound, proven principl Your goal is to develop habits, not to reform your life. At the end of ea of the six steps, several *Action Items* are listed. Through repetition, the Action Items will grow into habits as automatic as buckling your s belt. Ready? Then let's get started.

step 1

make a *commitment*

There is a bridge between desire and accomplishment. This brid represents our willingness to put one foot in front of the other over a over again. To get up when we fall, and welcome companions when get discouraged. To stay the course when side roads beckon.

This bridge is commitment. If anchored firmly in your mind at t beginning of your journey, commitment will carry you through peri of doubt. Today is the day to begin building this bridge.

Action Item: Sign a contract with yourself. Create a short, sim promise that includes a time frame and a reward. For example: promise to stick with Looking Good, Feeling Great for one mon When I meet this goal, I will treat myself to symphony tickets."

Action Item: Purchase a planning calendar. Get the nicest one y can afford, preferably with one day or one week per page. You'll your planner to schedule activities and record your successes.

Action Item: Find a soul mate. You are more likely to stick wit process if you can share your activities with a like-minded friend. Eve your buddy won't play, he or she might be willing to act as y

continued on page



e way.

Not even this one.

Yeah! Now you're cooking.

For lower saturated fat... corn oil and olive oil can't beat Crisco Oil.

SATURATED FAT PER TABLESPOON	
Crisco OIL	1.5 GRAMS
CORN OIL	2.0 GRAMS
OLIVE OIL	2.0 GRAMS



Cooks Who Know Trust Crisco

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cheerleader. In one study of dieters, folks who received regular verbal encouragement bested dieters who flew completely solo.

step 2

build up your *activity level*

For many of us, the key to living longer and living better is simply to get moving. Inactivity is linked to everything from heart attacks to bad backs. On the other hand, regular activity leads to lower stress and a higher quality of life today and, especially, as you grow older.

How much activity? In a study of tens of thousands of adults, the magic number was 2,000. Burning 2,000 *activity* calories per week (in addition to the calories we burn just to keep our body functioning) can add years of productive time to your life.

The *Walker's Program* and *Activity Roster, below,* will help you figure out how to reach your goal of roughly 300 activity calories per day.

Action Item: Get a physical. If you haven't had a checkup in the past couple of years, now is the time to act. Ask your doctor if there's any type of activity you should avoid.

Action Item: Start walking. Although nothing is perfect, walking comes close to being the ideal activity for most folks. You can start by scheduling a short walk (10–15 minutes) every day. Then try our Walker's Program.

Action Item: Plan for recreation. Any sort of activity beats taking root on the couch. Join a bowling league. Push a kid on a swing. Clean out the basement. Movement especially of your largest muscle groups, the arms and legs gives your heart a workout, tones your muscles, and keeps your joints flexible. Use the Activity Roster to schedul activities—at least two a week—that you find fun (or a least tolerable). In general, moderate daily activity is les likely to lead to injuries than less-frequent intense activity.

step 3

eat smarter

Uh-oh. Here comes that dreadful word, right? Diet.

Wrong! Healthful living doesn't depend on weight-los diets. Indeed, many doctors have come to the conclusio that the typical weight-loss scenario—bouncing betwee rapid loss and rapid gain—is more harmful than healthfu

Instead of focusing on calories, healthful eating depend on three simple concepts: variety, moderation, and leanne Here's how to slowly work all three into your diet.

Action Item: Expand your horizons. For most of u eating habits are just that: habits. Perhaps to conserve ou mental energy, we tend to select one, two, or three differe foods from each food group. Peas and corn. White brea and rye. Chicken, beef, and pork.

By expanding your diet to include new foods, you'll t getting a healthier mix of nutrients. You'll also squeeze o some of the poor choices—such as a slab of bacon eve morning for breakfast or fried chicken each day for lunc For a start, check out 6 Great Foods (*page 57*) and plan include each one in your diet at least once a week.

Action Item: All things in moderation. No food need

WALKER'S PROGRAM

Walking is a great way to help your heart and keep your joints flexible. Here's how to get started.

1. Measure out a flat, safe, one-mile-long course with a car odometer.

2. Walk your course every day. Don't worry about speed, just get into the habit of taking your walk.

3. When you can finish the course in 15 minutes or less, lay out another course, this time two miles long. Continue daily walking.

4. When you are able to complete the new course in 30 minutes or less, lay out your final course of three miles.

5. Build up to completing your course in 45 minutes or less. Getting to this point takes three months or more if you have had no recent regular exercise.

At this point, continue walking each day, or alternate walking days with any of the activities listed in the Activities Roster, provided you burn at least 300 calories per day.



ACTIVITY ROSTER

ACTIVITY	CALORIES BURNED
Walking, *1 mile*	1
Housework, *½ hour*	1
Light gardening, *½ hour*	1
Vigorous dancing, *½ hour*	2
Heavy yard work, *½ hour*	2
Swimming, *½ hour*	2
Golf, no cart, *per hour*	3
Handball, *½ hour*	3
Ice-skating, *per hour*	3
Brisk cycling, *½ hour*	3
Tennis, singles, *per hour*	4
Downhill skiing, *per hour*	5
Racquetball, *per hour*	5
Cross-country skiing, *per hour*	6

continued on page



"When I was a kid my mom was always after me to eat right. Now I'm the one who's after her."

DRINK TO YOUR HEALTH WITH ENSURE.

The #1 Doctor Recommended Source of Nutrition.

Most doctors will tell you that a key to health is good nutrition. But even if you've steps to improve your diet by eating more meats, fruits and vegetables, you still may e getting the balanced nutrition you need. So how can you help guarantee ou and the ones you love e right nutrition? With Ensure. Ensure is more than a in supplement. It's com- balanced nutrition in a us ready-to-serve drink that provides an excellent balance of protein, carbohydrate, vitamins and minerals. It's all the nutrition you need everyday to help stay healthy, be energetic and more active. Drink Ensure anytime. Enjoy it as a healthy meal by itself or as a healthy between-meal snack. Ensure is even recommended #1 by doctors as a complete source of nutrition.

So make sure you and the ones you love get the right nutrition. Drink Ensure and drink to your health.



Available in 6 Delicious Flavors.

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off limits if you can enjoy it in appropriate amounts. That might mean ten servings daily of bread and grains, but only one small bowl of ice cream a week. It could mean using smaller dinner plates so that your portions are more likely to be reasonable. If you are totally out of control around some foods, you may need to banish them from your menu for a while. But the goal should be to strive for balance in all foods.



Action Item: Think lean. If you really want to lose weight, think fat, not calories. By limiting the amount of fat in your diet, you will almost certainly move toward a more healthful weight. You'll also be fighting heart disease, cancer, diabetes, and arthritis—conditions linked to obesity.

Current guidelines call for no more than 30 percent of calories to come from fat. For a 1,500-calorie diet, that's up to 450 calories in the form of fat—or about 50 grams of fat. Get into the habit of reading nutrition labels or using a fat-counter guidebook.

Another good approach is to make regular use of low-fat foods. Eventually, you'll automatically choose the Best Bet foods listed on *page 57.*

step 4

cook and *serve* smarter

Choosing the best foods is three-quarters of the healthier-eating battle. The way you (or the restaurant) prepares that food completes the equation. As a bonus, healthier cooking and serving techniques usually preserve the flavor of the food better than their less-healthful counterparts.

Action Item: Choose smart cooking methods. Use preparation methods that get by on little or no added fat. Good choices include:

- Baking and roasting. Raise meats on racks so they don't soak up pan drippings.
- Boiling and steaming. Steaming is especially good for retaining the color, flavor, and nutrients of vegetables.
- Poaching. Simmer foods in a shallow bath of water, broth, or wine.

MORE BRANS



© 1992, Ralston Purina Company

GREAT FOODS
...d why they're so healthful

...Try to work each of these foods into your diet at ...ast once a week.

Broccoli. It contains a nutrient believed to protect ...gainst some cancers. Other family members: cauli...wer, cabbage, and turnips.

Dry beans. Here's protein without fat or cholesterol. ...hen eaten with small amounts of meat, you get the ...mplete protein your body needs.

Nonfat yogurt. Like all nonfat milk products, it is a ...od source of bone-strengthening calcium. ...gurt is easy to digest for most folks.

Fish. Most fish supply protein without ...cess fat. Some fish, such as tuna, salm..., mackerel, herring, and sardines, con...in small amounts of omega-3 oils, ...nich help fight heart disease.

Whole wheat bread. High in diges...n-aiding insoluble fiber, whole-grain ...oducts fill you up without weighing you ...wn. Look for other whole grain prod...ts including pasta and cereals.

Oatmeal. Here's where you'll find sol...le fiber, the kind that helps lower cho...lesterol levels in your blood. Other good sources of soluble fiber include: apples, peas, dried beans, prunes, and lentils.



BEST BETS

No foods are completely bad, but some are better than others as a regular part of your diet. Here's what to look for in your grocer's aisles:

- Fresh fruits and vegetables
- Low- and no-salt-added canned vegetables
- Canned fruits packed in juice, water, or extra-light syrup
- Water-packed fish
- Lean beef (round, sirloin tip, flank)
- Lean pork (loin, low-fat ham, Canadian bacon)
- Veal
- Poultry (served skinless)
- Seafood
- Skim milk
- Low-fat cheese
- Nonfat yogurt
- 100% whole grain breads and rolls
- Pita bread
- Plain bagels
- French or Italian bread
- Frozen plain vegetables
- Ice milk, sherbet, or flavored ice
- Pretzels
- Rice cakes
- Plain popcorn

continued on page 58

...REAT TASTE.



Four-bran goodness in one crunchy taste.



- Braising. Brown meats in a dry nonstick pan (or use a nonstick spray), then add a small amount of water, broth, or juice, cover and simmer over low heat. Check frequently and add liquid as needed. When the meat is done, add a little broth, wine, or juice to the pan to create a delicious gravy.
- Broiling. Dry-broil without added fat, then add herbs and spices for flavor.
- Stir-frying. Cook foods at high temperature using only a teaspoonful of oil. Add bite-size pieces of meat, fish, or vegetables and stir vigorously and continuously until cooked, usually within 3 to 5 minutes.

Action Item: Add flavor instead of fat. Marinate lean cuts of meat to tenderize, then cook until just done. Serve vegetables with a squeeze of lemon juice instead of butter. Slather toast with fruit preserves or honey. Use low-fat salad dressings or splash flavored vinegar on salads.

Action Item: Be restaurant savvy. Choose menu items centered around vegetables and grain products. Examples: salads, pasta and tomato sauce, vegetarian subs, broth-based soups. Other good choices: lean meats, skinless poultry, and fish prepared without added fat (see previous Action Item). Ask that sauces be served on the side; to use, dip the tips of your fork in the sauce, then spear a bite of food. If you're going to go wild on dessert, stick with a green salad for the main course.

step 5

get *involved*

People who live the longest tend to have one thing in common: committed relationships. For instance, married people live longer than single people. Women with kids find their job stresses less onerous. Studies reveal true health benefits in taking responsibility for the welfare of someone or something.

Action Item: Surround yourself with others. Whether you have a marriage to give you a boost or not, seek out the company of others. Join a club, attend religious services, enjoy lunch with your coworkers, or take a basket of flowers over to your neighbor's place.

Action Item: Volunteer. There are endless opportunities in every community. Your local volunteer service bureau (in the Yellow Pages under Volunteer Services or Social Service Organizations) offers dozens of possibilities.

Action Item: Get a pet. Pets are a proven stress-fighter. Elderly pet owners live longer than their non-pet-owning

INTRODUCING THE
Quilted
POOFED
fluffed
WHATEVER YOU CALL
THOSE CUTE LITTLE
BUMPS
THAT MAKE IT
SOMEHOW prettier & ohmygosh SO MUCH
SOFTER
Softique®



patriots. And younger
le exhibit a marked drop
ood pressure while strok-
furry friend. You needn't
l a lot of money: A visit to
local animal shelter will
up dozens of potential
friends.

p 6

n't worry, be *happy*

is isn't a joke. Your attitude does influence your
n. Optimistic people resist infections better than nay-
s, and laughter masks pain. Hospitals around the
ry are installing humor rooms—repositories of books
ideotapes designed to tickle a patient's funny bone.
ppiness increases when stress is dealt with in a positive
er. Unchecked stress makes you more likely to be-
ill and can amplify your symptoms if you do get sick.

ion item: Laugh, laugh, laugh. Laughter is serious
cine for stress. Everyone has a funny bone, but not all
exercise it regularly. Rent a tape, read a book, commit
ctical joke, or just laugh for no reason at all.

ion item: De-stress. To reduce dangerous levels of
, try these techniques:

- Take up a hobby or play a sport.
- Get exercise regularly. The walking program outlined on *page 54* is great, or work in your garden every day.
- Run away from sources of stress for a short time. When the pressure builds, take a break and walk around the block or grab a cup of coffee.
- For major-league de-stressing, try Progressive Relaxation. Here's how:

Lie in a quiet, comfortable place and close your eyes. Make an effort to relax all your muscles; just go limp.

Now begin to systematically tighten and relax each muscle group. Begin with the feet. Clench the muscles of your feet, hold the tightness for a few seconds, then relax.

Next, move on to your legs. Tighten, then relax. Continue working your way toward your head: hands, arms, stomach, chest, neck, and face. Try to work just one group of muscles at a time.

When you are done, relax completely for a few minutes before getting up or going to sleep.

The habits promoted by Looking Good, Feeling Great take time to take hold. Give yourself several months to feel comfortable with them. If you stick with the program for any amount of time, no single fall will take you back to base camp. Likewise, there is no end point for Looking Good, Feeling Great. Success is a journey, not a destination.

Good luck!



They're Back...

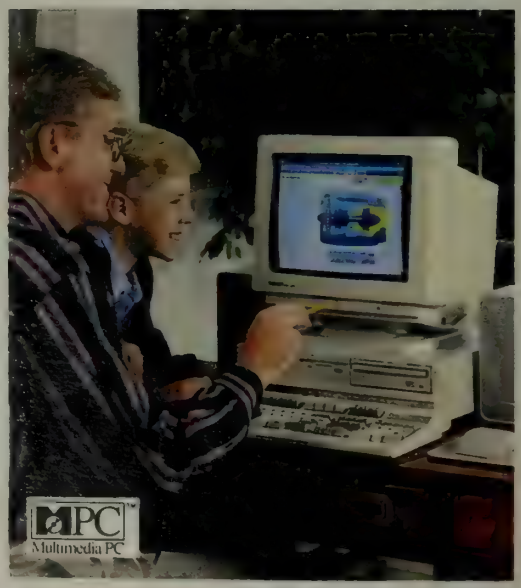


First they changed the way you listen to music. Now they'll change the way you feel about compute

Hard-to-use computers are a thing of the past. Now you can say good-bye to dull beeps, static displays and hours of entering information, because the compact disc has come to the Tandy Sensation!

Sensation is a radically different approach to the PC. Just insert an industry-standard multimedia CD and Sensation is ready to excite the senses with photo-like color, animation and digital stereo sound. And Sensation is information rich—an encyclopedia, thesaurus, atlas and other references are included, along with a full complement of ready-to-run applications.

Of course, Sensation is PC-compatible. And while you'll love the many remarkable features (like a built-in fax *voice synthesizer that can your files aloud*), we've k all incredibly simple. It' easy to use, we guarante success—even if you've touched a computer!



Experience the Tandy Sens

Radio Shack
AMERICA'S TECHNOLOGY
And Other Fine Retaile

TANDY®

Sensation

Anything else is just



South-western architecture is ideal for the setting and for the Wilts' budget. The simple floor plan, flat roof, and indoor/outdoor spaces that typify the style also reduce costs.

FIVE STEPS TO BUILDING

Home of Your Own

EVEN GREENHUT

creativity and gumption pick
here your tight home-building
get leaves off. Here are 5 steps
helped a California family
this stunning Southwest-style
e on a shoestring.



For buying information, see page 138.

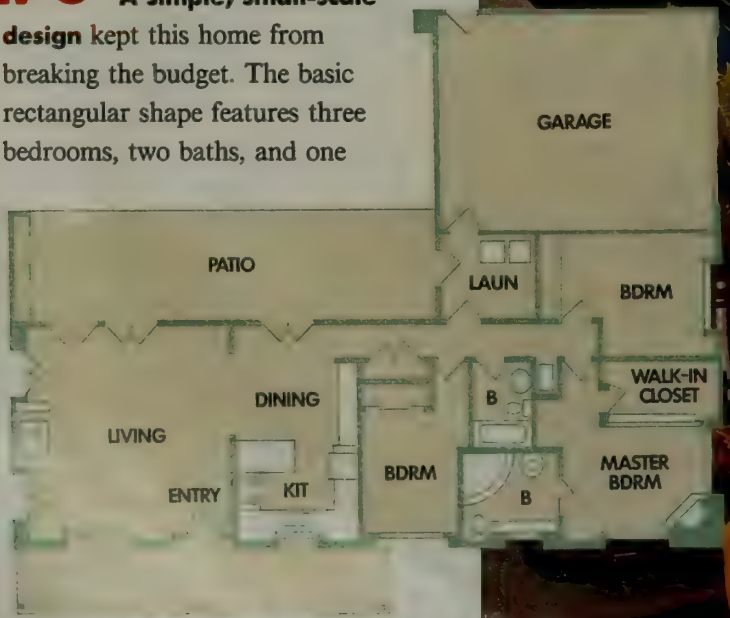
a Home of Your Own

ONE **Homeowner involvement** was the key to building a charming 1,600-square-foot custom home for less than the cost of a plain modular house.

Andy and Sharon Wilt's $75,000 building budget—less than half the cost of building a comparable home in the expensive San Diego area—meant they would first need to find a builder willing to work within tight cost limits. They also needed a great price on a building site.

Their perseverance turned up a building contractor eager to meet the low-cost challenge, and a reasonably priced wedge-shaped property. Next, they developed their own home design specifically to keep costs in line.

TWO **A simple, small-scale design** kept this home from breaking the budget. The basic rectangular shape features three bedrooms, two baths, and one



This floor plan [illegible] of simplicity. The living room, dining room, and kitchen share [illegible] with the bedrooms and baths toward the [illegible] garage attached [illegible] ously on the back.



French doors open to the patio, expanding the horizons of this room. A variety of textures create interest amid the light-colored palette.

a Home of Your Own

living area. But the house seems much bigger than it actually is because of its sweeping, multiuse spaces that open to generous outdoor living areas.

Thinking of the future, the Wilts designed the roof so it bears weight only on exterior walls. This way, the interior walls can be rearranged as the family's needs change, and a second floor can be added later.

THREE **Clever but inexpensive** design ideas create an abundance of charm on the cheap. An arched opening between the kitchen and dining room enlivens both rooms with its eye-catching architecture and keeps the small kitchen from feeling cramped. Another detail is a wood stove enclosure made of drywall with a band of decorative trim tiles. Spare use of these pricey tiles is a savvy splurge that produces a major effect.

This graceful, curved opening lets the kitchen and dining room share in the sunlight, and creates a spot for the snack bar. Plywood cabinet fronts and recycled appliances kept kitchen costs low.



Using plywood, stock ceramic tile, and some drywall and stud framing, the Wilts built a buffet that adds charm in the dining room.







The small master bedroom doesn't feel tight, thanks an open wall abo the headboard, c built-in storage a and French doors that lead to the bath.

Dark-colored gro enriches the basi white counter an shower tiles. A t piece pedestal si low-cost ceramic toilet, and painte plywood cabinet are dollar-savin materials with a natural appeal.

Built from inexpensive concrete, the charming bedroo fireplace (*above*) characteristic of Wilts' low-cost b stylish approach

a Home of Your Own



On the outside, a ziggurat-shaped design on the sidewalls and a rough-timbered front trellis create an authentic desert appeal that blends naturally into the cactus-filled hillside. Andy designed the perimeter of the house with double-framed window areas. Requiring no extra materials, this trick offers the illusion of thick adobe walls.

FOUR **Basic natural materials** such as stucco walls, Mexican ceramic floor tiles, and plain white counter tiles offer classic beauty at rock-bottom prices. By choosing a flat roof, the Wilts could opt for economical tar and gravel roofing. Rather than pay thousands for custom cabinetry made of solid wood, the Wilts designed their own with plain birch plywood doors.

By shopping around for materials, the family saved enough to spend a little more on products they really wanted, such as double-glazed windows. They cut costs on big ticket items by reusing the stove, refrigerator, dishwasher, and wood burner they already owned. They salvaged light fixtures and the range hood at demolition sites.

FIVE **Do-it-yourself projects** helped the Wilts save money. Even though they were home-improvement novices, they installed the tile, painted the walls, built the cabinetry, and handled the landscaping and fencing.

CHRYSLER LEARNING CONNECTION

MAKE READING A FAMILY AFFAIR

on for Supervision
culum Development

aft

ADING OGETHER FOR A CHANGE



hild in the second grade
wo books a day for a year?
ers, meet Melissa Aders, the
ourth-grader in Huntsville,
When Melissa was a first-
e and her classmates were
to read 21 books in 10 weeks.
et the challenge in three
never looked back. Over the
ears, with her mother and
eeping score, she devoured
1,600 books.

g Start,® the program that
Melissa's reading rampage, is
dreds around the country that
ite kids about books. Most of these efforts are local in scope. Others, like Running Start (developed by Reading Is Fundamental, Inc., for the Chrysler Corporation Fund), touch children throughout the nation.

Whatever their size, all of these programs have a common goal: getting children and parents to share books. No activity does more than reading aloud to prepare a child for success in school. Yet all too many parents rarely make time for it. In fact, the **AFT/Chrysler Report on Kids, Parents and Reading** found that only one-third of all parents read to their children daily.

What keeps so many parents from doing more? Many blame their hectic schedules, uncertainty over what to read and their kids' short attention spans. (For more on the AFT-Chrysler Report, see 'What We Learned,' page A3.)

Do these problems sound all too familiar? Here are seven ways you can solve them with your child's teachers.

Continued on page A10

DON'T WAIT FOR THE SCHOOL TO INVOLVE YOU

INVOLVE THE SCHOOL



v can parents strengthen school-home links of communication? e put that question to Dr. Joyce Epstein, co-director of the nter on Families, Communities, Schools and Children's arning at the Johns Hopkins University.

want parents and teachers to work closely together. Why? ause family environments are vital to children's achievement and attitudes. And schools can arents shape those environments. In one study we did in Baltimore, children made real gains ing when their teachers involved the parents in learning activities. Most of the parents to be taught what to do. **Continued on page A2**

WIN $1,000 FOR YOUR LOCAL SCHOOL LIBRARY!

Visit your local Chrysler-Plymouth, Dodge or Jeep-Eagle dealer and you'll qualify for a free video—*Learn at Every Turn*. And that's not all. Any school you designate has a chance of winning $1,000. See page A11 for details.

CHRYSLER LEARNING CONNECTION

A LETTER TO PARENTS

Dear Parent:

It's amazing how the little things seem to count the most. Reading aloud to kids 15 minutes a day, for instance, can give them positive feelings about reading that will last a lifetime.

And one-on-one chats about topics kids care about can help create powerful readers. That happens because listening and talking, like writing, prepare children to lift meaning and joy from the printed page.

Clearly, no skill is more important than reading. And when it comes to fostering love for reading, absolutely nothing is more effective than the family.

At Chrysler, we're so sure of that, we're funding a major effort to strengthen school-home ties. This special advertising section marks the start of that effort: the Chrysler Learning Connection.

Two pacesetters in educational reform have worked hard to help make this program succeed. One is the American Federation of Teachers (AFT) and the other is the Association for Supervision and Curriculum Development.

Together we hope to focus your attention on the simple things. Like a teacher talking to a parent. Or a parent reading to a child. It's with little acts like these that we invent the future.

Robert J. Eaton
Vice Chairman,
Chief Operating Officer
Chrysler Corporation

aft

ASCD
Association for Supervision and Curriculum Development

INVOLVE THE SCHOOL

Continued from page A1

Q: Is parent involvement only important in the early grades?

A: Not at all. When families stay informed and involved through the [illegible] school years, their children do better [illegible] school and have higher aspirations. So [illegible] you have 20 minutes to spend with your child, guidance in how to use that time can be very helpful.

Q: Where should this educational guidance come from?

A: I put the responsibility on the school. But very few teachers or administrators are trained in this. That's got to change.

Q: How can busy parents fill the gap?

A: At least once a week, you can ask your children to show you something they learned in school so that you can celebrate a new skill at home. Most [illegible]ople ask their children, "How was [illegible]ol today?" That's silly. It's far more [illegible]ctive to say, "Tell me something interesting you learned in scienc[illegible]

The trick is to focus in an info[illegible] way on your child as the learner, demonstrator or shower.

Q: What else can parents do?

A: They could help promote bett[illegible] partnerships by saying to admini[illegible] and teachers, "Maybe we should [illegible] this together. What can we do?"

Q: Parents should take the lead?

A: Absolutely. Don't wait. But th[illegible] about how to foster a real partn[illegible] that promoting better school-hom[illegible] connections becomes a common [illegible]

S YOUR CHILD
EADY TO LEARN?

d dads welcome the job of getting hildren ready to learn. But just does that responsibility end? At dergarten door?

olutely not," says Dr. Peter um, head of elementary education l County, Maryland. "As kids get hey need you as much or more as hey were little. They may be They may say they don't want ut they want it and need it. You ve to change along with your n in the way you deliver support vice."

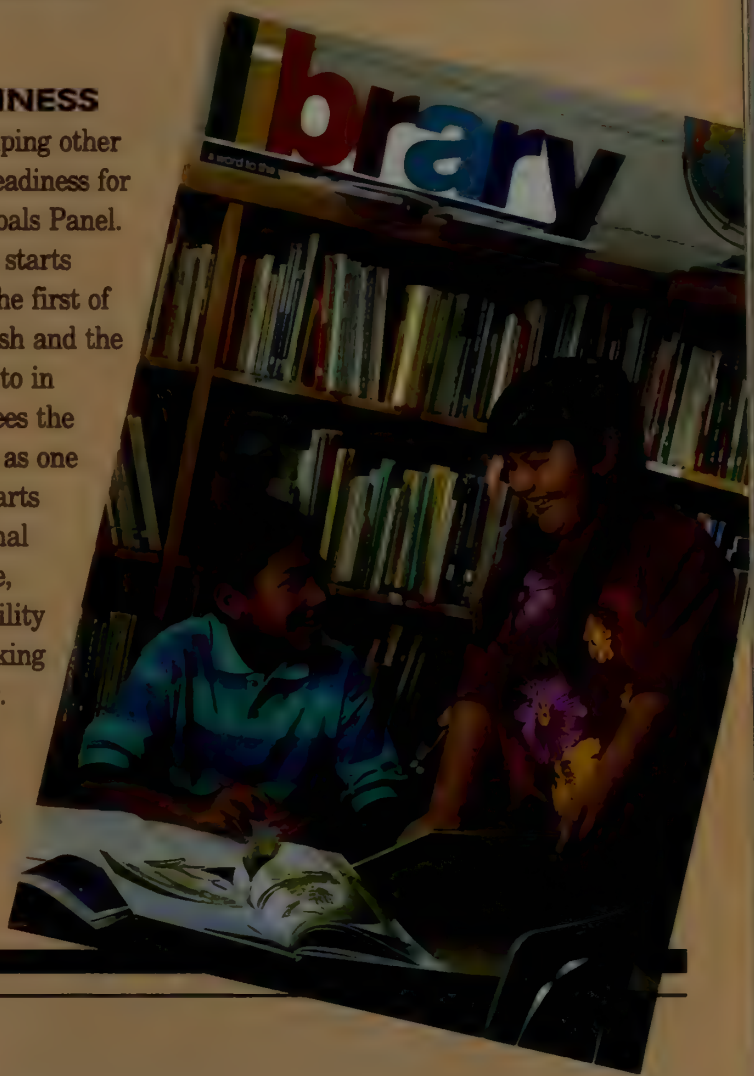
rnest L. Boyer agrees. "It's one o get children ready for arten," says Boyer, president of negie Foundation for the ement of Teaching and the of the book ***Ready to Learn.*** e question then becomes, 'Are ady to keep moving?' "

ake sure your child is ready, Dr. ays, stay in close touch with your eachers. "Sustaining that partnership is critical. One reason students fall behind is because the partnership is dropped."

DEFINING READINESS

Currently Dr. Boyer is helping other scholars define learning readiness for the National Education Goals Panel. (Making sure "every child starts school ready to learn" is the first of the six goals President Bush and the nation's governors agreed to in 1989.) Dr. Boyer's group sees the child's physical well-being as one part of readiness. Other parts include the child's emotional maturity, social confidence, general knowledge and ability to use language. "Just looking at general knowledge," Dr. Boyer remarks, "it's clear that a parent's job never ends, if only to point out a growing flower."

But to him the real test of learning readiness is language ability. "This ability is important before kindergarten," he says, "and it's important when children are 8 to 10 years old. I used to say that in order to strengthen learning, first comes love, then language. That's still true. It's what good parenting is all about."



WHAT WE LEARNED

Most parents are well aware of the crucial role reading will play in their children's futures. Yet most admit they're often short of ideas and time when it comes to helping their children become better readers.

These are two of the insights drawn from the AFT-Chrysler Report on Kids, Parents and Reading, a nationwide survey conducted last spring by Peter D. Hart Research Associates. Other key survey findings:

Nearly nine out of 10 parents feel that teachers want them actively involved in their children's schooling.

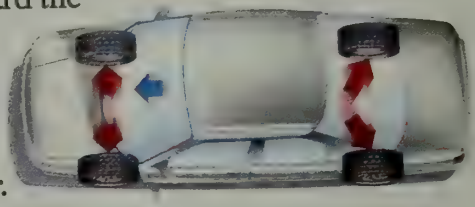
Only half of all parents feel really capable of helping their children with reading. The confidence level dips to 39 percent with math and to 8 percent with science.

Despite the need parents have for guidance regarding their children's education, our survey found that just 21 percent talk regularly with their children's teachers.

In response to these findings, Chrysler is offering parents a free video and booklet designed to sharpen teaching skills in the home. Both suggest dozens of ways you can help your child develop a lifelong love of reading. See page A11 for details.

THIS CHANGES EVERYTHING.

Its cab-forward design has made the new Intrepid a car like no other. Pushing the wheels out toward the corners enhanced stability and handling. And enabled us to make the doors wider and the rear seating roomier.



Moving the leading edge of the windshield six inches forward and three inches lower significantly improved aerodynamics and reduced wind noise. There's less room required for machinery, there's more room available for people.

And now that we've seen what's possible in a four-door sedan, we can't see building one any other way.

Select Features

- *Standard driver- & passenger-side airbags*
- *Available anti-lock brakes & traction control*
- *Available built-in child seat*
- *Standard rear seat heat & air ducts*
- *Available automatic temperature control system*
- *Standard 4-wheel independent suspension*
- *Available 3.5 liter, 214 horsepower, 24-valve overhead cam V-6*
- *Choice of warranties: 7/70 powertrain or 3/36 bumper-to-bumper. See limited warranties & restrictions at dealer. Excludes normal maintenance, adjustments & wear items.*
- *For still more information, call 1-800-4-A-DODGE*

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rethinking of car desig
– Popular S



INTREPID THE NEW DODGE

A DIVISION OF THE CHRYSLER CORPO

"They anticipated where the world would be and aimed beyond. And hit where they aimed."

– AutoWeek

"Intrepid ES performs rapid lane changes almost as if it had four-wheel steering."

– Automobile Magazine



"The cabin is immense, with room that shames Taurus, Camry and Accord."

– Car and Driver

Buckle up for safety

PARENTS' BOOKSHELF

- ***Any Child Can Read Better,*** by Harvey S. Wiener (Bantam, 1990)
- ***Choosing Books for Children,*** by Betsy Hearne (Delacorte, 1990)
- ***Comics to Classics: A Parent's Guide to Books for Teens and Preteens,*** by Arthea Reed (IRA, 1988)
- ***The New York Times Parent's Guide to the Best Books for Children,*** by Eden Ross Lipson (Times Books, 1990)

LISTEN TO THIS

What's the most important thing any parent can do? According to Jim Trelease, the Johnny Appleseed of the read-aloud movement, the answer is a simple one: "Read to a child."

Trelease has labored nearly 15 years to plant that thought—long held by educational researchers—in parents' minds. His "gardener's tools" have included talks, audio tapes, articles and two popular books, ***The New Read-Aloud Handbook*** and ***Hey! Listen to This.*** Today, the practice of reading aloud is accepted by teachers and most parents as basic to educational reform.

Trelease views reading aloud as a "commercial for reading." "In school most reading experiences are test experiences," he says. "A parent's reading aloud shows a child that for every ounce of sweat in learning how to read, there is a pound of pleasure waiting for him when he learns."

Set aside a special moment for a story every day, he suggests. "Try just a few minutes at a time to start. You don't want to have a hostage on your hands. But the real danger is that a child will grow up never being read to at all."



10 FAVORIT... JIM TREL... READ-AL...

Picture Books:

- ***Tomie dePaola' Mother Goose,*** by ... dePaola (Putnam)
- ***An Evening at*** ... by Shirley Hughes (Lothrop)
- ***Sylvester and t... Magic Pebble,*** by ... William Steig (Sim... Schuster)
- ***Ira Sleeps Over*** Bernard Waber (Houghton Mifflin)
- ***The Whingdin...*** by Bull Peet (Houg... Mifflin)

Short Novel:

- ***Stone Fox,*** by J... Reynolds Gardine... (Crowell)

Classic Novel:

- ***A Little Princ...*** Frances Hodgson (Puffin)

Popular Novel

- ***James and th... Peach,*** by Roald ... (Knopf)

Young Adult ...

- ***Hatchet,*** by Ga... Paulsen (Bradbur...

Poetry:

- ***Where the Sid... Ends,*** by Shel Sil... (Harper)

3 TIPS FOR TV USE

- Limit TV viewing. Children who become good readers work at it. Free up time for reading.
- Make the most of the TV budget. Encourage planning. Help your child choose what to see. Aim for balance.
- To counter passive viewing, talk about the shows your child watches. Any characters she'd like as friends?

or Learning

CHRYSLER LEARNING CONNECTION

OME IS WHERE EADING HAPPENS



pring, 141 high school s were named ential Scholars, and McIntosh of nston, Michigan, was them. His selection—free trip to the White —capped a year in the 18-year-old a perfect 36 on the college admission raduated with a 3.99 oint average (out of ble 4.0); and ed letters in football, ball and track. day Brent's selection nounced, his mother, , attributed her son's to the Williamston system. "I give the s and counselors much credit." talk with her another source of Brent's standout success. She and her husband, Carl, laid the groundwork by making their home a place where reading happens.

Morning Read-Alouds

Reading aloud, experts believe, contributes more than anything else to a child's reading success. Brent and his younger sister, Beth, were read to regularly when they were young. "We would sit in the family room," Shirley McIntosh recalls, "and I would read to them for 10 to 15 minutes before sending them off to school in the morning."

Shirley and Carl both read a lot for pleasure and work. Educators advise that other parents do the same, for children are great imitators. "Make a time for reading," says Jean Osborne of the Center for the Study of Reading at the University of Illinois. "Make it important. And praise your child's reading activity."

Books and Paper

The McIntosh home was always well-stocked with things to read. "Libraries are wonderful," says Osborne. "But a bunch of books around the house is what makes a reader."

Also, keep crayons, pencils, markers and paper on hand to help children develop a fascination with language and writing.

Osborne has a final bit of advice for parents who want to create readers. "Just turn off the TV," she says. "Make it a special treat for kids."

In the McIntosh home, the TV was kept in its place. "TV was never a prime entertainment medium for Brent and Beth," says their mother. "They were just too busy."

Ultimately, a child who loves reading is a child with choices. Brent McIntosh was accepted at Harvard and Duke University. But he chose to pursue his studies at the University of Michigan, where he received a full academic scholarship.

ESTIONS TO ASK YOUR CHILD'S TEACHER

what level is my child g?" Parents whose children fall are often the last to know. achers should always says Dr. Barbara Fox, a or of graduate studies in at North Carolina State.

▲ **"What books can you recommend for my child?"** Your child's teacher is your resident expert when it comes to children's literature. Be sure to take advantage of this priceless resource. Also ask about good books to read aloud.

▲ **"What areas does my child need to work on?"** Answers will help you tailor activities to your child's needs. For ideas, see Fox's book, ***Rx for Reading*** (Penguin, 1989), or H.S. Wiener's ***Any Child Can Read Better*** (Bantam, 1990).

▲ **"What is my child's greatest strength in reading?"** Knowing your child's strengths and weaknesses in reading lets you focus your efforts and energy on those areas where there is room for improvement.

▲ **"How well does my child understand what he reads?"** Comprehension problems often surface near the fourth grade, when books begin to focus on subjects that are new to children.

Ask the family who used t



1993 Plymouth Grand Voyager LE

Five years ago, Robert Bannister and his family had so many Hondas that Honda actually made a commercial about them.

"We were The Honda Family of the Year. But that was before our '90 Plymouth Voyager."

One thing has obviously led to another. This growing family has now owned a total of six Dod Caravans and Plymouth Voyagers in all.

"I love them. They're comfortable, easy to driv and wonderful to look at. Take it for a drive. Once

See limited warranties at dealer, exclusions and restrictions apply. †To buy or lease, see your Chrysler-Plymouth dealer.
And remember, our standard minivan driver's airbag provides added safety when seat belt is worn. So buckle up for safety.

e in a Honda commercial.



ou sit inside and see how versatile it is, you won't uy anything else."

When you've got families like these, you need inivans like ours. Available in two lengths, with uilt-in child seats and a standard minivan airbag.†

You can ask anyone. There are three million owners to choose from.

Including the Bannisters of Blue Hill, Maine.

Call 1-800-876-MINIVAN to tell us your story, or for more information on a Plymouth Voyager.

The Minivan Company.™

CHRYSLER
Plymouth

READ TOGETHER FOR A CHANGE

Continued from page A1

1. Read to an Older Child. Last year Bonnie Taylor, a sixth-grade teacher at Rising Sun Elementary School in Rising Sun, Maryland, spotted a drop-off in parent involvement, and it bothered her. "Parents forget they can keep reading to their children," she says. "I read with my boys until they graduated from high school."

To encourage parents to stay involved, Taylor challenged sixth-grade parents in her rural school district to read to and with their children. She called her six-week program Pairing for Reading, and the 30 families who took part had the time of their lives.

2. Volunteer at Your Child's School. P.S. 41 in the Brownsville section of Brooklyn, New York, is in many ways a typical large-city elementary school.

But P.S. 41 is a very special place. Parents play an active role in running it, and every day 25 to 30 parent volunteers are on hand to help out. The school has a Parents' Resource Room that's stocked with books and tapes for parents to borrow. And two nights a week, 75 parents return to prepare for high school equivalency exams.

The school worked hard to make parents feel welcome. "We had to show teachers how to make parents part of the team," says Gary Wexler, P.S. 41's principal. "When we have a mother coming in at 2 o'clock, we make sure two kids are waiting for her to read to."

"If we can get parents in, we win," explains Wexler. "The only success we achieve comes from working together as a partnership."

3. Bring a Book to Life. Last year Michelle Bounds visited her daughter Molly's first-grade class in Merriam, Kansas, dressed as a spider. She was taking part in a local PTA project called Books Alive, which invites parents to assume the identities of the characters their children read about. Bounds dressed for a discussion of E.B. White's classic, ***Charlotte's Web.*** And she took along a scene-squealer—a runt-of-the-



litter piglet borrowed from a farmer.

4. Make the School's Mission Yours. Because many parents in Franklinton, North Carolina, are nonreaders, teachers must work hard to extend the values of the school into the home. Last year they began to do that with a nine-week program called Story Mate.

Conceived by professors at North Carolina State University in Raleigh, Story Mate sends fourth-, fifth- and sixth-graders home with easy-to-read storybooks. Their assignment: Read the books to younger siblings or to neighborhood children.

For many of these reading missionaries, Story Mate provides a healthy shot of self-esteem. "You know," one fifth-grader marveled to his teacher, "those kids really listened to me!" Most however, the program helps chil promote the magic of books—to themselves and nonreaders.

5. Block Out Some Uninterru Reading Time. Last year in W Illinois, the principal of Maerck got 150 parents to spend 90 min week reading with, not to, their The principal, David Ivnik, gave week program an unforgettable Family SQUIRT. The acronym for Super Quiet Uninterrupted Individual Reading Time. "Pare just amazed at how the progran their kids on to reading," Ivnik says. "They send me notes saying it's the greatest thing they've done in years and—best of all—that they'll keep doing it!"

6. Take a Course in "Kid Lit." In California's San Diego County, the Educati Department sponsors reading w for parents of children ages 1 t About 250 parents and teacher the workshops in 50 schools, fo course of study called the Fami Reading Program.

The workshops introduce pa everything, from poetry and fa folktales and nonfiction, and te effective ways to read aloud. P also learn how to ask open-end questions.

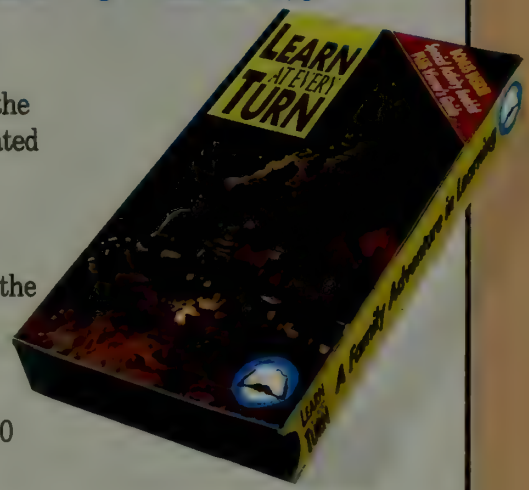
7. Stage a Reading Rally. Th



n that got Melissa Aders hooked
ks, Running Start, has brought
ill of reading into 100,000 homes
ities. Now in its fourth year, the
n is the creation of Reading Is
mental (RIF), a national non-profit
A $3.1 million grant from the
er Corporation Fund pays for
g Start, which challenges 1st-
to declare themselves "readers
21st century" by tackling 21
n 10 weeks.
ning Start communities top off
ear with "reading rallies." These events bring together families, teachers and authors to "send a message," a principal says, "that reading makes you feel good."

Free Educational Video and Booklet!

CHRYSLER CARES



At Chrysler, we care about reading because we care about quality. Today the best cars and trucks are built by educated workers—people who love to read.

That's why we teamed up with the American Federation of Teachers and the Association for Supervision and Curriculum Development to bring you this special section. It's also the reason we're giving $1,000 to each of 50 school libraries serving grades 1—8.

Finally, it's why we created an innovative, 30-minute video called ***Learn at Every Turn*** and a 24-page companion booklet, ***Recipes for Reading Success.*** Both show how you can build reading fun into every family activity.

To help your children experience the joys of reading, take advantage of these two exciting opportunities:

✔ **1. Enter your favorite school in the Chrysler Library Awards Sweepstakes.** Use the card attached to this special section to help your local school library win $1,000.

✔ **2. Send for a *FREE* video and booklet.** While supplies last, Chrysler is offering every family a free copy of the video ***Learn at Every Turn.*** Use the attached card to get your copy, along with a free copy of the booklet. Have your Chrysler-Plymouth, Dodge, or Jeep-Eagle dealer sign the card and write in the dealership's number. Then mail the card.

If the card is missing, see rules below.

eepstakes rules

PURCHASE OR TEST DRIVE
SSARY.

ter, fill out the Sweepstakes Entry
, on a regular postcard, print your
d address and the name and address
al public, private or parochial school
g any of the grades 1 through 8. Mail
ry Card to the Chrysler Learning
tion, P.O. Box 15105, Clinton, IA
3205. Mail postcard entries to the
r Learning Connection, P.O. Box
inton, IA 52736.

ntries must be postmarked no later
gust 1, 1993. No responsibility is assumed for late, lost or misdirected entries. One entry per family. (All U.S. schools that serve students in any grade from 1 through 8 will be automatically entered one time.)

4. The 50 winning schools will be selected in a random drawing from all eligible entries received, under the supervision of Meredith Corporation, whose decisions are final, on or about September 15, 1993.

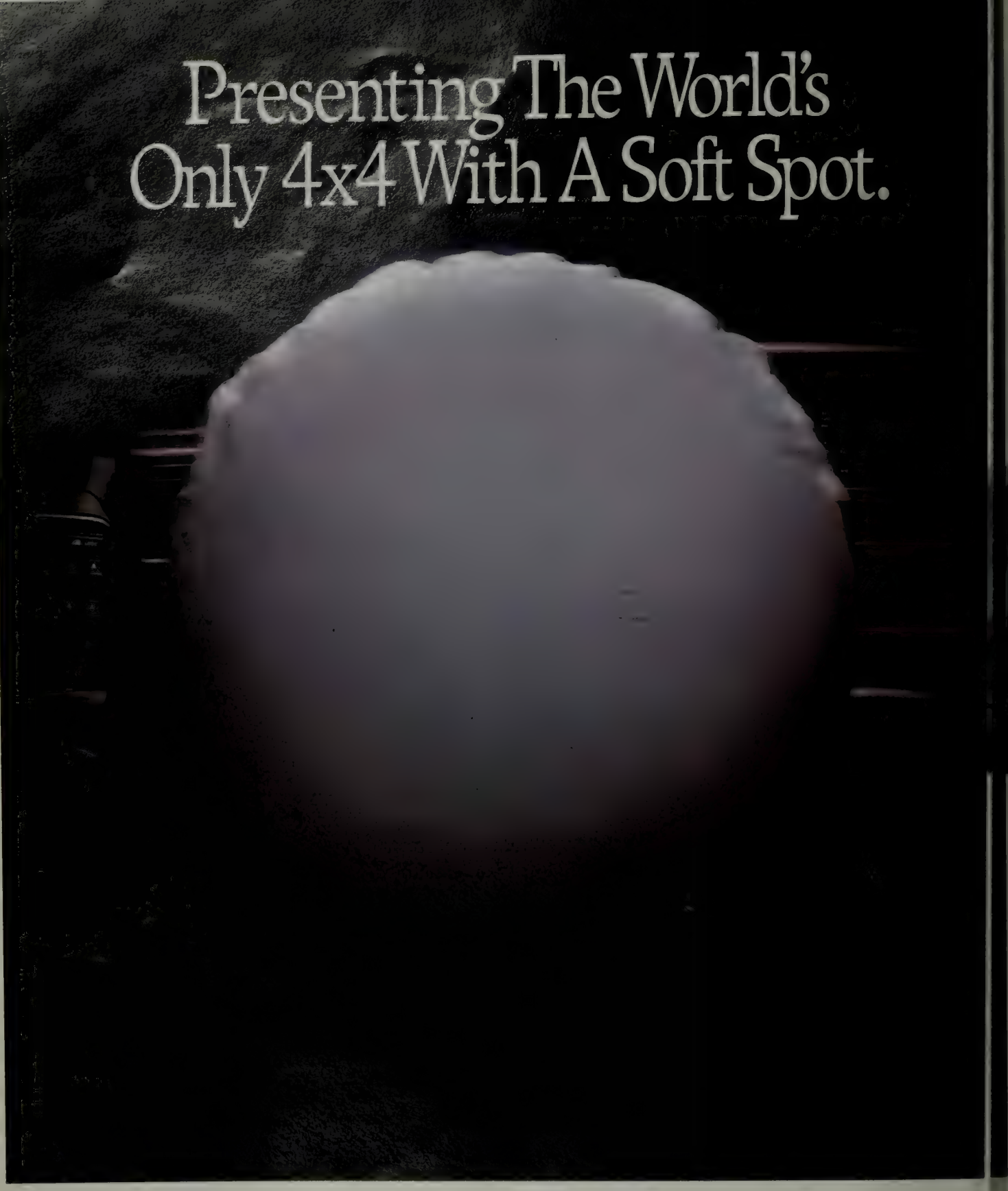
5. PRIZES: Chrysler Corporation will award $1,000 to each of 50 schools, which will be notified on or about September 15, 1993. Each award will be granted in the name or names of the individual(s) who made the winning nomination and must be used for the purchase of library books. Only one award per school. Odds of winning depend on the number of entries received. Applicable taxes are the sole responsibility of the winner. No transfers or substitutions of prizes.

6. All entries become the property of Chrysler Corporation. Principals of the winning schools will be required to sign an affidavit of eligibility and advertising release, which must be returned within 10 days of receipt of notification, or an alternate winner may be chosen.

7. The schools nominated for the award must operate in the United States. Nominators must be 21 years of age or older. Employees of Chrysler Corporation and Meredith Corporation and the families of each, their affiliated companies, advertising and public relations agencies or judging agency are not eligible to enter. Void where prohibited or restricted by law or taxed. Federal, state and local laws apply.

8. For a list of all 50 award recipients, send a stamped, self-addressed envelope to Chrysler Library Award Recipients List, P.O. Box 8195, Clinton, IA 52736.

Presenting The World's Only 4x4 With A Soft Spot.



It would be difficult, if not impossible, to write an ad about Jeep® Grand Cherokee Limited without discussing its remarkable strength and capability.

After all, Grand Cherokee offers an available 5.2 litre 220 horsepower V8, an advanced four-wheel drive system, and four-wheel anti-lock brakes. And besides, this is a Jeep® we're talking about.

So, rather than belabor its obvious benefits, we'd like to call your attention to Grand Cherokee's one and only soft spot: a standard driver's side air bag. Because Grand Cherokee is the only sport utility in the world with this important safety feature. more information or a dealer you, call 1-800-JEEP-EAGLE.

Jeep Grand Cherokee Lim It's tough when you want it to be soft when you least expect it.

There's Only One Jeep®.

A Division of the Chrysler Corporation.

See limited warranties, restrictions, and details at dealer. Jeep is a registered trademark of Chrysler Corporation. Buckle up for

TV Spots



As the world turned from radio to TV in the '50s, bringing home a new set took little concentration: Pick a console model, plunk it against a wall, and leave it to Beaver and other stars of the day to create entertainment tonight. Today, TV sizes and options abound. We're going live with Regis and Kathie Lee in the kitchen, thanks to small sets, and going to screen extremes with masterpiece home theaters in the family room. Here's how to choose the right TV—and display it beautifully to keep your rooms out of decorating jeopardy.



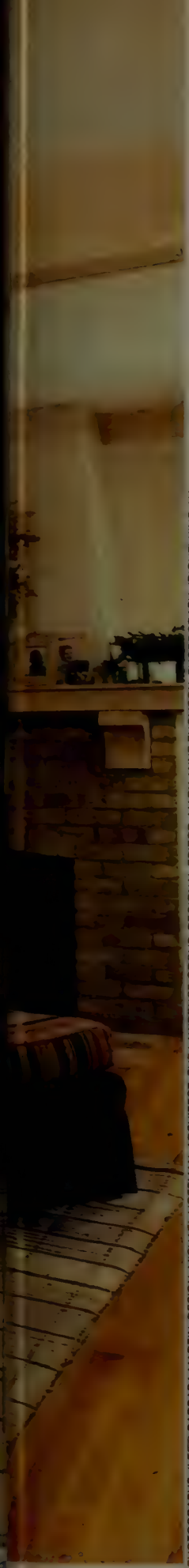


Great sets . . . in great settings

BY DENISE L. CARINGER AND SANDRA S. SORIA



Put a niche or window alcove to work with a half-w
of storage for electronics. Added in a remodeling, th
waist-high unit makes way for light-welcoming win-
dows and offers a surface for display or food setup.





As shapely as a sculpture, this new RCA unit is too slick to stick behind closed doors. Don't let the set's compact size fool you, though, this TV offers options such as sleep timer and picture-in-picture. The separate pedestal will hold enough extras to turn the set into a home theater.

PHOTOGRAPHS: (LEFT) BARBARA MARTIN. DESIGN: MICHAEL HOFFMAN. ARCHITECT: THE LAWRENCE GROUP. REGIONAL EDITOR: MARY ANNE THOMSON. PHOTOGRAPH: (RIGHT) KING AU

How to select the right-size set

Before you bring a new TV home, make sure it fits your room *and* your budget.

- **To gauge what size TV** is best for you, estimate how far you expect viewers to be seated from the TV. If that distance is less than seven feet, try a 20- to 27-inch set. For seven to 11 feet, opt for a 31- or 35-inch set; for over 11 feet, a projection set is called for. For viewing distances of up to 15 feet, 46-inch sets look good; for further than 15 feet, consider at least a 52-inch model.
- **Direct-view TVs:** The 20-inch screen has replaced the old 19-inch standard, and can be found in the $200–$250 price range. The 25- and 26-inch sets are the next jump up, averaging $300 to $550. Bigger 27-inch models run $500 to $1,000, offering more features and functions than the smaller sets. This is usually the smallest screen size to consider for a home theater system. The 31- to 35-inch screens cost $1,000 to $2,000; prices are higher for improved definition models, which take ordinary TV signals from your antenna or cable box and transform them digitally inside the TV for a higher-quality picture.
- **Rear-projection TVs** come in 40-, 46-, 50-, 52-, and 60-inch sizes, usually in the $2,000 to $3,000 price range. These one-piece units are sleeker in design and sharper in picture than in the past. Front-projection sets are two-piece systems with a projection unit, which is mounted on the floor or ceiling, and a retractable screen. Most cost $3,000 to $5,000.

The story on storage

Any armoire or cabinet you plan to use for audio/video storage requires the following:

- **Holes for running wires.** A tangle of wires connects to the AC plug and hooks the components to each other. Be sure you can drill holes if they are not provided. Remember that a vintage armoire takes a cut in value when you take a cut in it.
- **Air circulation space.** To avoid overheating, plan for breathing room around each element in the system. Check owner's manuals for each component's requirements.
- **Unblocked speaker locations.** Speakers behind closed doors defeat their own purpose. One alternative? Replace wood doors with a frame stretched with an open-weave fabric. In-wall speakers are an option if invisibility is a top priority.
- **Wire-hiding tips.** Speaker wires can be run along baseboards, fastened with staples, tacks, or clips. Wires can also hide behind moldings—crown moldings installed near the ceiling are good for this purpose. An 18-gauge lamp cord (available by the foot in big hardware stores) works fine as speaker wire and is available in several colors or can be painted to match your wall or molding color.

TV Spots

Left doorless to mimic the display wall opposite, this custom cabinet makes a tidy corral for audio/video equipment and serves as a divider between the kitchen and family room. Get the look for less by using a ready-made cabinet.



TV Spots

All features great and small

Many of today's TVs come as loaded with options as your favorite luxury automobile. Here are some features to consider:

● **Must haves** *To sit back and relax more:* Remote control, which now comes standard with most television models.

To simplify VCR programming: VCR Plus started out as a hand-held device that allows you to program your VCR by entering the code number printed in *TV Guide* (or your local newspaper's TV listings) and beaming a signal from the remote device to your VCR. The hand-held unit works with any remote-control VCR, and lists for $60. Now the option is also available as a built-in feature in many VCRs, including those made by GE, RCA, Sony, and Zenith, among others.

● **Nice options** *To track several shows at once:* The picture-in-picture feature lets you watch one event full-size, and displays a second event in a small window in a corner of the screen. You only hear sound from the "main event"; to hear sound from the second, just switch channels.

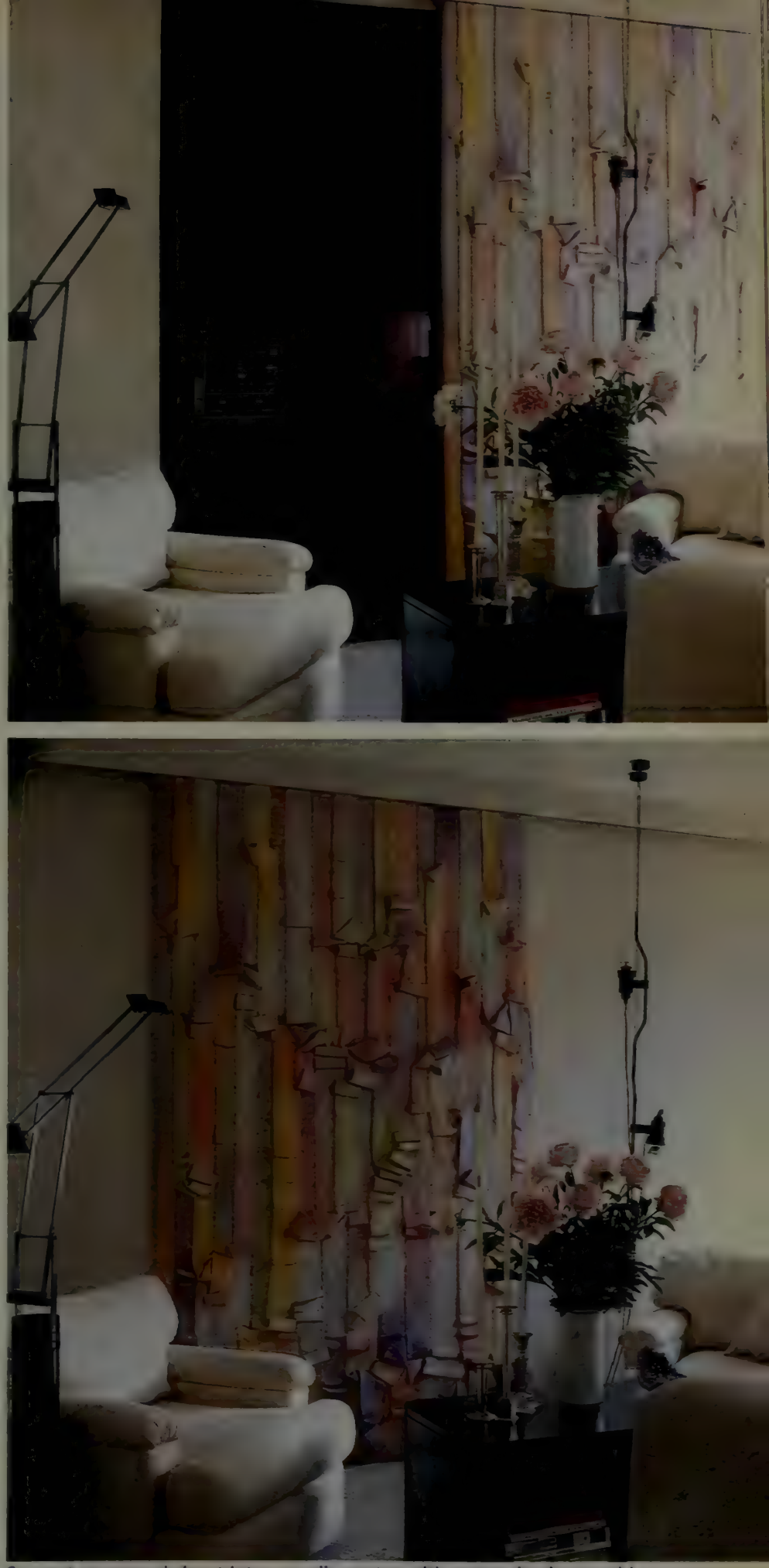
To restrict children's access to inappropriate programs: The Parental Control feature allows adults to block access to selected channels at the touch of a few buttons. Currently available from RCA, Magnavox, and Philips.

To find missing remote controls: Remote Control Locator makes the remote control unit beep for thirty seconds each time the TV set's front panel power button is pressed. Currently available on six Philips TV models.

To plug camcorders into TVs more easily: A/V inputs on TV front panels are widely available and are handy if you own a camcorder that you regularly plug into the TV to play back homemade videotapes.

To check TV listings by categories at the touch of a button: Look into Insight, an on-screen service you get by subscribing to it. It enters your home via signals broadcast on Public Broadcasting Systems stations. Insight is decoded by decoder boxes that can be bought separately (under $100 in consumer electronics stores), or found as a built-in feature in some 1993 Zenith TVs (in stores this July).

● **Not for everyone** *Closed-captioned decoding:* This function is of special interest to the deaf and hard-of-hearing. It decodes closed-captioned broadcasts and videotapes, displaying words, subtitle-style, on screen. Previously available only as an accessory box, the decoder is now built into one Zenith VCR model and several of its TVs. By July 1993, all TVs will have the function built in.



Convert an unused closet into a media center with custom laminate cabinets or with shelves you build and paint glossy black. Hide the equipment behind a sliding wood panel or a frame stretched with textural fabric art.



Home theater basics

The most thrilling innovation since remote control, home theater uses multidimensional sound to put you center stage. You'll need:

- **A big-screen TV:** Projection sets offer bigger screens for your dollar, but you'll need to dim the lights for the best results. Direct-view TVs offer a brighter, clearer picture, but require costlier, space-gobbling picture tubes. Plan for at least a 27-inch screen.
- **Bigger, better sound:** A home theater system usually includes a surround-sound processor and multiple speakers. For great sound, try a five-speaker system with right, left, and center channel speakers around the TV, and two surround-sound speakers at least three feet behind viewers' heads.
- **A place to put it:** Furniture makers help you bring home theater home with storage units sized to stash the big systems, such as the Drexel wall system *above*. In some cases, such as the Thomasville/Philips system shown on the *next page,* electronics are sold with the furniture. Look for cabinetry from Pennsylvania House and Riverside, to name two, or ready-to-assemble units from Sauder.

Made and sold separately, these country-simple cabinets from Drexel stack to suit your video needs. It's easy to add units as your home electronics system grows.

Don't overlook under-the-stairs areas when limited floor space puts the squeeze on a big screen. This TV sits on a sliding, swivel mount for easy viewing. Make sure built-ins are deep enough for new, larger screens.

PHOTOGRAPH: (ABOVE LEFT) JOHN KANE. LOCATION: DREXEL SHOWROOM. PHOTOGRAPH: (RIGHT) RICK TAYLOR. INTERIOR DESIGN: MARION TOMBLIN. ARCHITECT: STEVE HERLONG. REGIONAL EDITOR: RUTH L. REITER

TV Spots



With ample space t
hold a 35-inch set,
two side speakers,
a center speaker,
and a bevy of A/V
components, this
Henredon wall uni
gets high
ratings for home
theater storage. It
mellow wood and
clean lines make
it a good supportir
player for any sty
of decor.

TV Spots

Upgrading your system

Even if you are happy with your present audio and video components, you might consider upgrading to home-theater quality bit by bit. Start by rearranging your TV room to integrate video and audio systems. Then, upgrade by adding missing pieces and replacing elements of your current system, tackling the weakest elements first.

- **Add a new, bigger screen TV.** Just a few extra diagonal inches will give you a big boost in visual impact. You'll also be buying better sound, because today's built-in components far exceed what was standard five years ago.
- **Add speakers and an A/V receiver.** Replacing the receiver in your stereo system with a so-called audio/video receiver will make easy work of coordinating the TV and stereo system functions. Go for a model that includes Dolby surround-sound signals, which are sent to rear speakers. Dolby Pro Logic decoding is even better: it sorts out signals for a fifth center-channel speaker and sends them to the appropriate speaker. Technics Dolby Pro Logic model SA-GX330 sells for about $320. Audio/video specialty stores carry home theater speaker packages; these packages put together five speakers and a surround sound decoder for about $1,500.



Loaded with Philips electronics, Thomasville's Scenario home theater offers up-to-the-minute style and function.

- **Add a laserdisc player** and gradually build a laserdis library. Laserdisc players are in the $400 to $500 range movies in the laserdisc format cost about $35. By digitall encoding information in the same way a compact disc does laserdiscs bring the best picture to your TV screen, withou succumbing to wear and tear as a standard videotape does

—with Christine Begol

A sale that's sure to bring out the smiles.



Display your photos of good times and good friends with a collection of handsome picture frames. And get **25% off** our regular low Kmart prices. Choose from wood, clear, silver- and gold-colored metal frames, and more, in a variety of sizes. Manufacturers and styles will vary. On sale December 26, 1992 - January 9, 1993, at all U.S.A. Kmart stores. The quality you need, the price you want.



kmart®

pillow talk

BY REBECCA JERDEE AND SANDRA S. SORIA

Say it with filling! Let squashy pillows soothe your body while colorful (even chatty) covers speak volumes about your style. If you're sew-inclined, express yourself with our *Better Homes and Gardens*® Designs with Simplicity patterns. If not, you can buy many of the pillows shown here, or shop your favorite stores or catalogs.



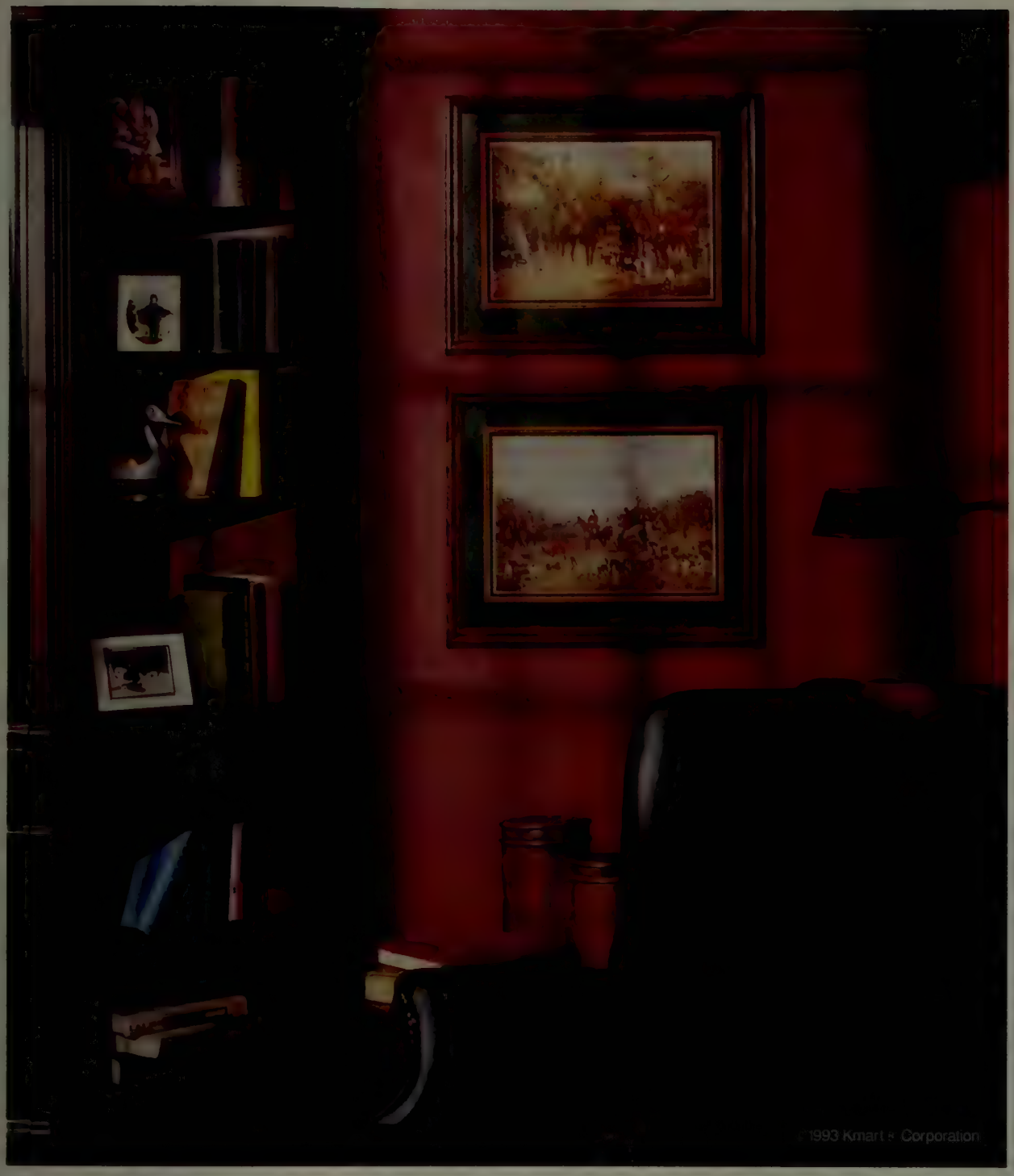
PHOTOGRAPHS: SCOTT LITTLE

SPEAK EASY

In rich colors that punctuate the toasty floral linen sofa, new needlepoint pillows you can buy from Twin Panda grace this setting with the eloquence of quieter times. The delicate seashell colors of companion tie-on pillow covers bring out the soft side of the fabric's personality. String them together for a lyrical lineup that sings the praises of mix-and-match design. ***For tie-on cover instructions, see page 139.***

Buying information, page 138.
continued on page 92

You don't have to pay decorator prices to get a decorator look.



Now you can give every room in your home a fresh new look, at refreshingly low Kmart prices. A selection of decorative framed art is now **25% off** our regular low prices. Styles include contemporary, traditional, Early American, and more. Available in sets, or as single pieces. Choose from a variety of sizes, in wood and metal frames. Manufacturers and styles will vary. On sale December 26, 1992-January 9, 1993, at all U.S.A. Kmart stores. The quality you need, the price you want.



mart®

pillow talk

USE COLORFUL LANGUAGE

Pillows talking happy talk? Why not! *Better Homes and Gardens*® Designs with Simplicity pattern package No. 8261 includes an alphabet that guides you in machine-stitching or in painting your own stylish statements with fabric markers. Put your thoughts down on bright blocks of colored fabric that are easily stitched into artful pillows.

ROMANCE WITH FLOWERY WORDS

Who can resist the colorful charm of a bouquet of blooming pillows? Floppy bows and deep ruffles keep the romance going. For a personalized message, fuse fabric to fabric as shown on the monogrammed pillow. How? Cut out fabric of your choice (we picked a garden variety) and iron it onto a coordinating pattern for a clever, customized look.



Buying information, page 138. To order patterns, page 96.
continued on page 94


CHR





WHOOP IT UP

Let a country scheme ride high with this roundup of wild Western pillows. For fun, corral blankets or old blue jeans (any fabric can be roped into pillow duty), and mix them with the herd of new fabrics sporting cowboy and Native American motifs. Finish with Western trims such as leather fringe and silver buckles. Punctuate the look with—what else?—a red bandanna.

SIGNAL YOUR STYLE

For a look as refreshing as sea air, give a salute to nautical style. Have fun with the crisp, open-flange pillow design—turn down a corner for a peek at a matching fabric. For more style, "tri, tri again" as we did. A tricolor rectangle acts as bold as a flag. Even our basic square snaps to attention when composed of four triangles stitched together and anchored with a bold button.

pillow talk

Buying information, page 138. To order patterns, page 96.
continued on page 96

p i l l o w
t a l k



ACCENT THE FOREIGN

Bright textural pillows from faraway lands are your room's passport to a more worldly style. In colors as dazzling as the reef fish that inspired them, appliquéd cotton Mola pillows from Eastern Accents add zip to a room. For earthier hues and textures, try Eastern Accents' fiber art collection, sewn from aged-to-perfection kilims from the Far East. Mix them together for intriguing, melting-pot style.

Buying information, page 138.

To order Better Home and Gardens® Designs with Simplicity pillow pattern package **No. 8261** (includes instructions for the pillows shown below, plus transfer for two different sized alphabets and our sayings), fill out the information to the right and send **$7.50** plus **$1.00** postage/handling (Canadian residents–**$1.25** postage/handling—**U.S. funds only**) per each pattern ordered.

Mail to: **Simplicity Patterns**
Better Homes and Gardens Designs
P.O. Box 4005
Niles, MI 49120-7005

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

Please make check or money order payable to: **Simplicity Pattern Company**. Offer expires **April 30, 1993**. Please allow four to six weeks for delivery.









) the rescue!



Shown smaller than actual size of 8 1/2" in diameter

© 1992 MBI

the Danbury Mint

Sparky® is a registered trademark of the National Fire Protection Association, Quincy, MA.

parky®

By Marty Roper

A numbered limited-edition ctor plate trimmed with 23kt gold

g! Clang! Clang!...the bell sounds. time, *Sparky's* determined—they'll have to let him come along on the ruck! So he dons his special hat and andana and grabs a fire hose, ready e to the fire. But the firemen are no- e to be found. Then *Sparky* realizes s not a fire alarm...it's the twelve ck whistle. Time for lunch!

w, award-winning animal portrait Marty Roper captures *Sparky's* ue character and spirit on a limited- on porcelain collector plate. Roper's ings reflect a genuine love for his ne companions.

A Limited Edition

Sparky is appearing on a collector plate for the first time and is available exclusively from the Danbury Mint. Each numbered plate will be trimmed with a band of 23kt gold and accompanied by a personalized Certificate of Authenticity. The edition will be limited to 75 firing days, and the price is just $26.95.

No Obligation—No Risk

You can acquire *Sparky* with our Guarantee of Satisfaction. You may return your plate within 30 days for replacement or refund.

The wonderful colors and lifelike detail found in Marty Roper's work make *Sparky* a collector's dream. To avoid delay, mail your order today!

The Danbury Mint
47 Richards Avenue
P.O. Box 4900
Norwalk, CT 06857

Please Reply Promptly

Limit: two plates per collector

Please accept my reservation for ***Sparky***. I wish to reserve ___ (1 or 2) plate(s). I need send no money now. I will pay for each plate in two convenient installments of $14.95*, with the first billed prior to shipment.

* Includes $2.95 per plate for shipping and handling, plus applicable sales tax.

☐ Charge each plate in full, upon shipment, to my:

☐ VISA ☐ MasterCard ☐ Discover ☐ Am. Ex.

Credit Card No. _____ Exp. Date

Signature: _____

Name: _____
Please Print Clearly

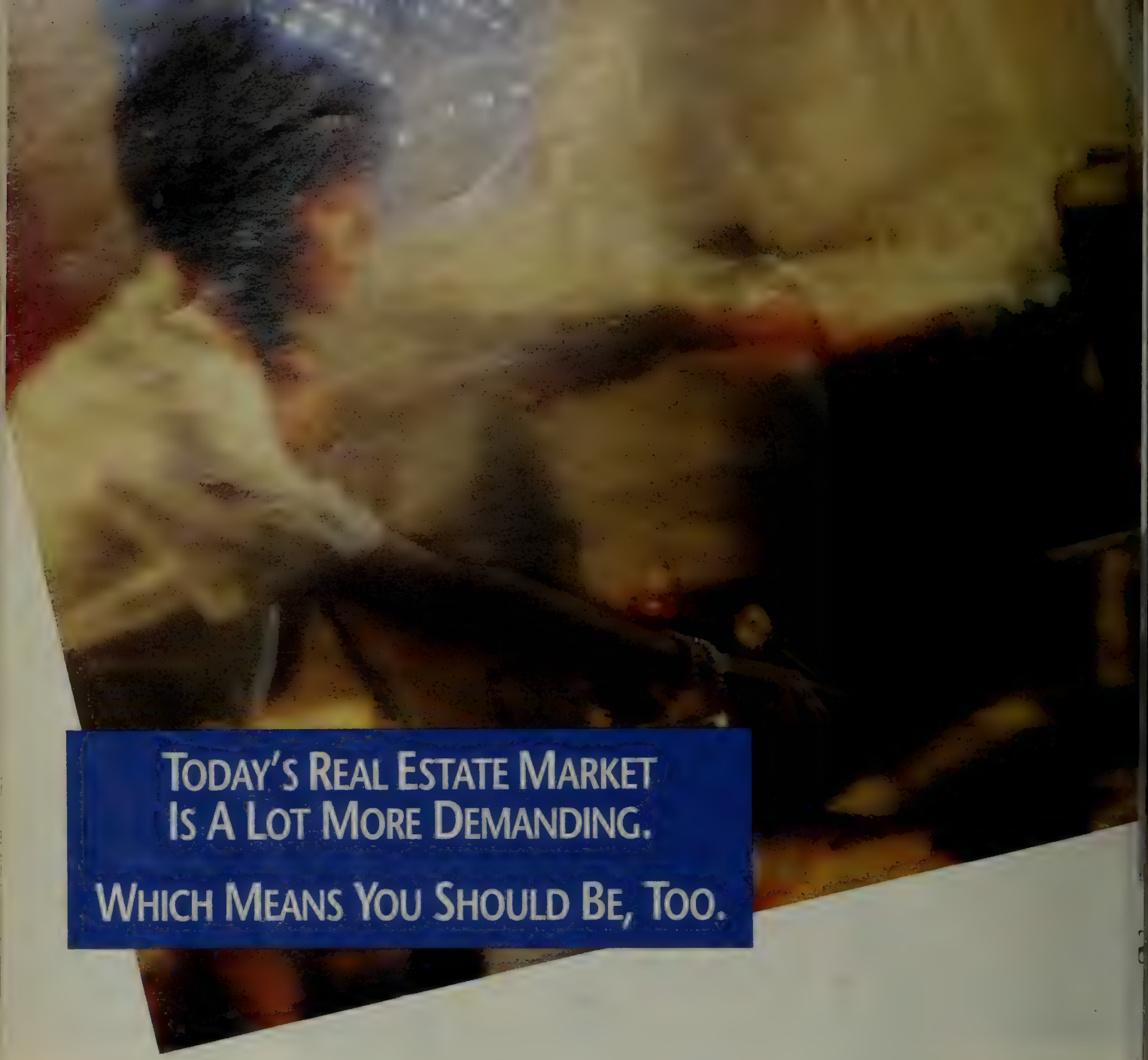
Address: _____

City: _____

State/Zip: _____

Name to Print on Certificate(s) of Authenticity (if different from above)

FDP Allow 4 to 8 weeks after payment for shipment. 03



TODAY'S REAL ESTATE MARKET IS A LOT MORE DEMANDING.

WHICH MEANS YOU SHOULD BE, TOO.

Never before has buying or selling a home been quite like it is today. Now, more than ever, it's critical to choose the right agent. One who ha access to, and is trained to use the industry's leading-edge marketing tools. The kind of agent you'll find at Better Homes and Gardens® Real Estat

By providing one of the most advanced training packages in the industry, *Better Homes and Gardens* Real Estate instructs agents in making th most of all current real estate trends. Our **Advantage Training™** program offers a 40-hour curriculum covering *Better Homes and Gardens* Real Estate's proven marketing systems. The **Flight to Excellence™** helps our seasoned professionals to become even more effective for their clients. Plus, *Better Homes and Gardens* Real Estate agents have the opportunity to take our series of **Master Classes™**. Each class presents an in-depth session on key areas customers have told us are important. And by completing this training an agent earns our exclusive national designation of **Residential Marketing Master.**

If you're ready to buy or sell a home, insist on the organization that is setting the pace in the nineties. Call your local *Better Homes and Gardens* Real Estate broker. And if you're an agent ready to move your career ahead, call us at 1-800-274-7654 to find out more about *Better Homes and Gardens* Real Estate.



WE MAKE IT HAPPEN FOR YOU!™

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Paint power



ARE YOU TIMID ABOUT CHOOSING COLORS? YOU'RE NOT ALONE. MANY PEOPLE TAKE THE SAFE ROUTE AND PAINT EVERY ROOM WHITE. BUT A BOLD COLOR SCHEME CAN BRING A LISTLESS HOME TO LIFE AND CAMOUFLAGE ARCHITECTURAL FLAWS.

WHAT DO YOU NEED? JUST A LITTLE PAINT AND LOTS OF IMAGINATION. HERE ARE TWO COLORFUL EXAMPLES TO INSPIRE YOU.

Soft and *Subtle*, Bold *and* Bright

BY

TOM JACKSON



Bold *and* Bright

Radiantly Red

In the kitchen, a bold burgundy wall resonates with warmth. The white surfaces play a supporting role, and interludes of black—random squares in the floor, the table and chairs, and the ceiling grid—help balance the contrasts.



ARCHITECTS: DARLENE AND JOSE FERNANDEZ. PHOTOGRAPHS: DAVID RICHMOND. REGIONAL EDITOR: BONNIE WARREN



Bodacious Blue

Crisply enclosed in white trim, a bright teal wall energizes the whole living room. This super-saturated color takes center stage with support provided by the subtle interplay of white, gray, and black in the dining room. A red clock draws your eye back to the mantel. The warm tones of the wood floor hold this vibrant scheme together with a natural base.

Paint power



Luxurious Lavender

What would otherwise be an ordinary room with no particular distinction, this family room becomes an architectural jewel when set in a field of lavender walls. Before painting, the room seemed to be a mere extension of the long hallway. The lavender walls, however, define the boundaries between the room and the hall, and differentiate the family room from the rest of the house. For a playful effect, the inside edges of the wall cutout were painted green.

ARCHITECT: FRANK CHING. DESIGNER: DEBRA CHING. PHOTOGRAPHS: MIKE JENSEN. REGIONAL EDITOR: TRISH MAHARAM

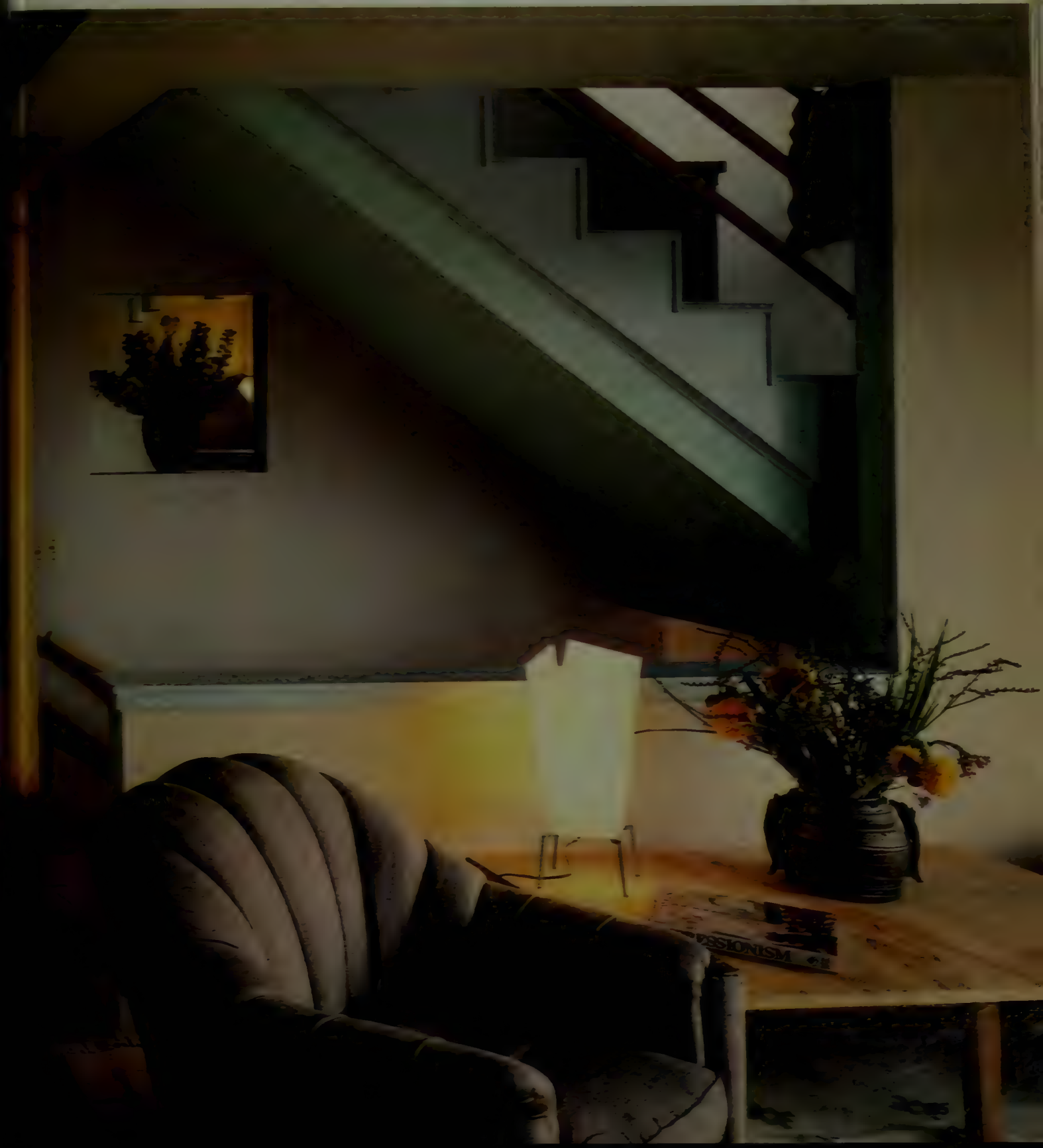
Paint

p o. w

Soft and Subtle

Parade of Pastels

Like a well-orchestrated symphony, the subtle pastels in this living room flow together effortlessly. Two neutral colors, the dove gray walls in the hall and the creamy white wall in front of the stairs, form a restful background. The wood hues of the floor and columns give the soft colors a harmonious counterpoint. At the doorway, the composition of colors comes together as artfully as a painting.





Learning to work with color

Here are some tips to enliven your color schemes.

Keep a color box. **Toss in paint chips, articles, fabric swatches, and anything you like. Shake it up every once in a while and see what comes to the top.**

Experiment. **Buy a quart of paint and paint a large test swatch. This shows how light and furnishings influence the color.**

Study your problems. **A too-large room will seem more intimate when painted dark. A tiny room will seem less cramped when painted in lighter shades.**

Match the whites. **All white paints have a subtle tint, either warm or cool. Coordinate this with the other colors.**

Think combinations. **Limit bold schemes to two or thre colors. Pastels allow more colors within the same roon**

Be careful with chips. **Color intensity grows with wall size. A pale rose on a paint chip can look like bubble-gum pink on a wall.**

For buying and color information, see page 138.

Sleepy Lilac Blue

Soothing is the mood of this bedroom scheme where misty hues will wake you gently the morning. On the ceiling, a soft green holds a hint of turquoise. On the headboa wall, a lilac blue shimmers with shadings of periwinkle. Painted a light gray, the ceili beams and the wall by the door form quiet, neutral backdrops.

Paint power

Keep your batteries charged. Without getting overcharged.



G.E. Battery Charger and Rechargeable Batteries. Two dependable power sources that won't deplete your savings. The G.E. Battery Charger recharges up to 4 of most sizes of G.E. nickel-cadmium batteries, on sale for just **$7.97**. G.E. Rechargeable Batteries can be recharged up to 1,000 times for up to 4 years use. Pick them up now and save **20% off** our regular low prices. Available in AA, AAA, C, D, and 9 volt. On sale December 27, 1992 - January 16, 1993, at all U.S.A. Kmart stores. The quality you need, the price you want.

Who makes party mixes like Praline Pecan Crunch and Oriental Cashew Crunch?

(You do! With a little help from Quaker Oat Squares.®)

You'll love 'em from Square One!

© 1993 Q.O.C.



QUAKER PARTY MIXES

Oriental Cashew Crunch

One 16-ounce package Quaker Oat Squares® cereal (8 cups)
One 3-ounce can chow mein noodles (1½ cups)
1 cup cashews or peanuts
½ cup vegetable oil
3 tablespoons soy sauce
1 teaspoon garlic powder
1 teaspoon onion powder

1. Heat oven to 250°F. Combine first 3 ingredients in 13"x9" pan; set aside.
2. Combine remaining 4 ingredients in small bowl; quickly pour over cereal mixture. Stir to coat evenly.
3. Bake 1 hour, stirring every 20 minutes; cool.

Makes 10 cups.

RECIPES ALSO ON PACKAGE

Praline Pecan Crunch

One 16-ounce package Quaker Oat Squares® cereal (8 cups)
2 cups pecan pieces
½ cup light corn syrup
½ cup firmly packed brown sugar
½ cup margarine
1 teaspoon vanilla
½ teaspoon baking

1. Heat oven to 250°F. Combine cereal and pecans in 13"x9" pan; set aside.
2. Combine corn syrup, brown sugar and margarine in 2-cup microwaveable bowl. Microwave at high 1½ minutes; stir. Microwave at high ½ to 1½ minutes more or until boiling. Stir in vanilla and baking soda; pour over cereal mixture. Stir to coat evenly.
3. Bake 1 hour; stirring every 20 minutes. Spread on baking sheet to cool; break into pieces.

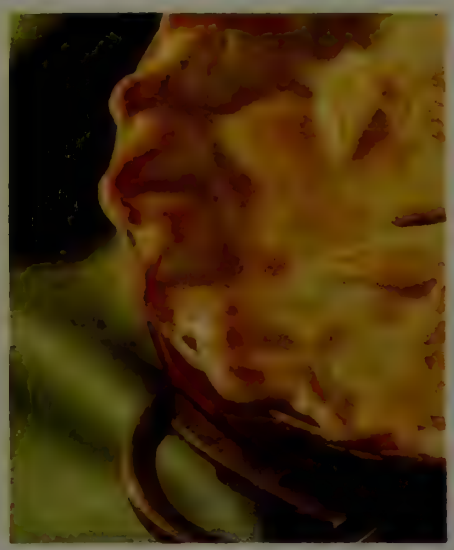
Makes 10 cups.

Dollar dinners

Hearty, family-pleasing, and under 99 cents per serving—now that's a meal worth coming home to. These 10 dinners keep your grocery bill low, yet deliver the home-cooked flavor your family expects. Cutting cost, not quality, calls for careful planning and smart shopping. Our recipes and tips will get you started.

$.64
PER SERVING





$.71
PER SERVING

$.86
PER SERVING




$.71
PER SERVING

Dollar dinners

xleep-dish tuna pie

Tuna casserole has been
a budget stretcher for
decades, using low-cost
canned tuna and soup.
Update this dish with
colorful vegetables, dill,
and a pastry topper.

Recipes begin on page 120.

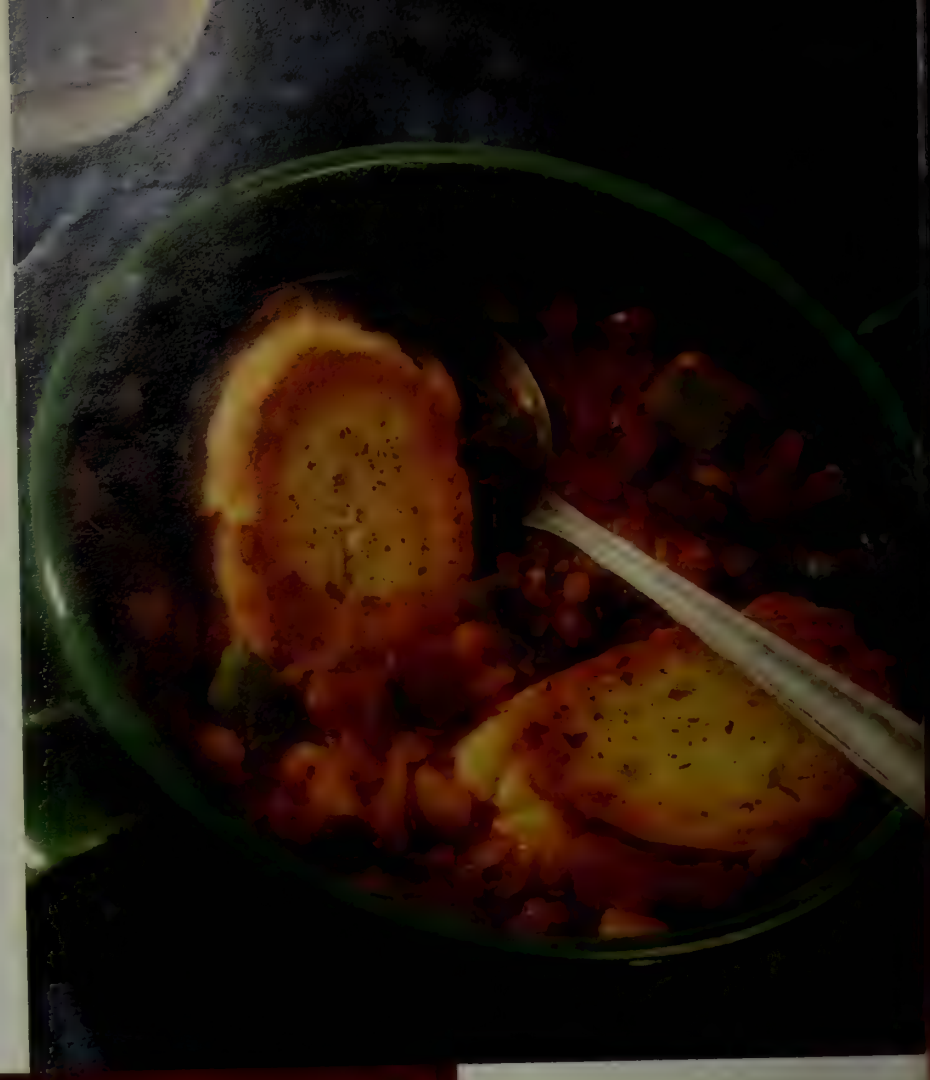
$.87

PER SERVING

zesty vegetable enchiladas

Smother enchiladas with tomato sauce and cheese, just the way you like 'em, and still save money. The bargain is the vegetable-lentil filling. For pennies per serving, lentils add protein, fiber, and flavor.



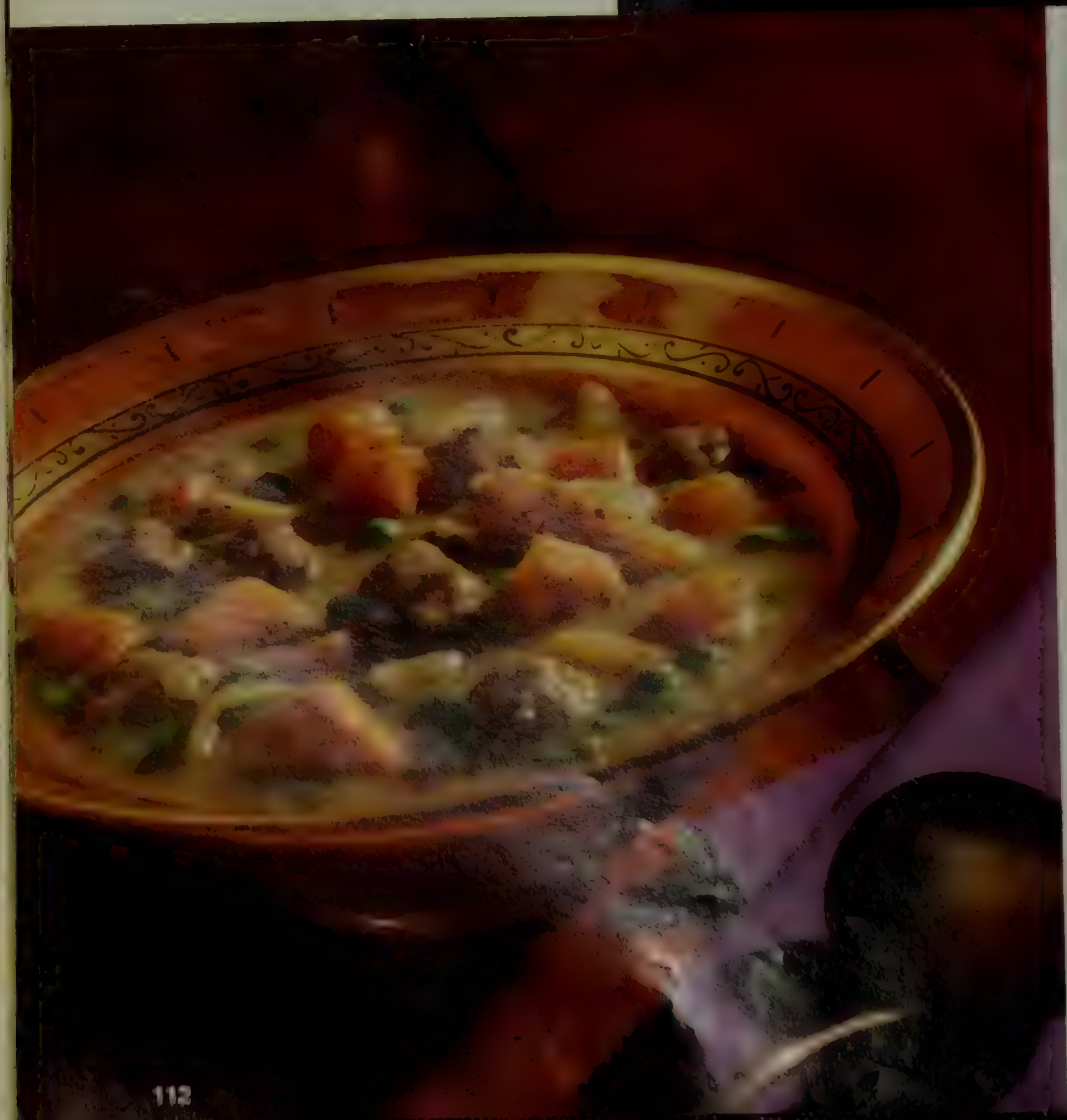


$.64

PER SERVING

italian bean soup

Always-dollar-wise dry beans conjure images of a soothing, cold-weather soup. Use the crusty herb bread to soak up the seasoned tomato broth.



$.74

PER SERVING

meatball stew with winter vegetables

This hearty, weeknight stew cuts cost and cooking time while adding flavor. The key: substitute easy-to-make meatballs for more-expensive, long-cooking stew meat.

Recipes begin on page 122.

Dollar dinners



$.86 PER SERVING

sweet-and-sour steak stir-fry

Steak dinner takes on an affordable Polynesian twist. Stir-fry tender top round steak with tangy-sweet pineapple, juicy orange slices, and fresh green pepper. To cut both cost and fat, use less meat than traditional recipes, and slice it into thin strips.

Dollar dinners

$.88

PER SERVING

curried pork and cabbage

Gather friends mid-week for a tasty pork dinner that won't blow your budget. These chops pair lusciously with winter best-buys: cabbage and apples.

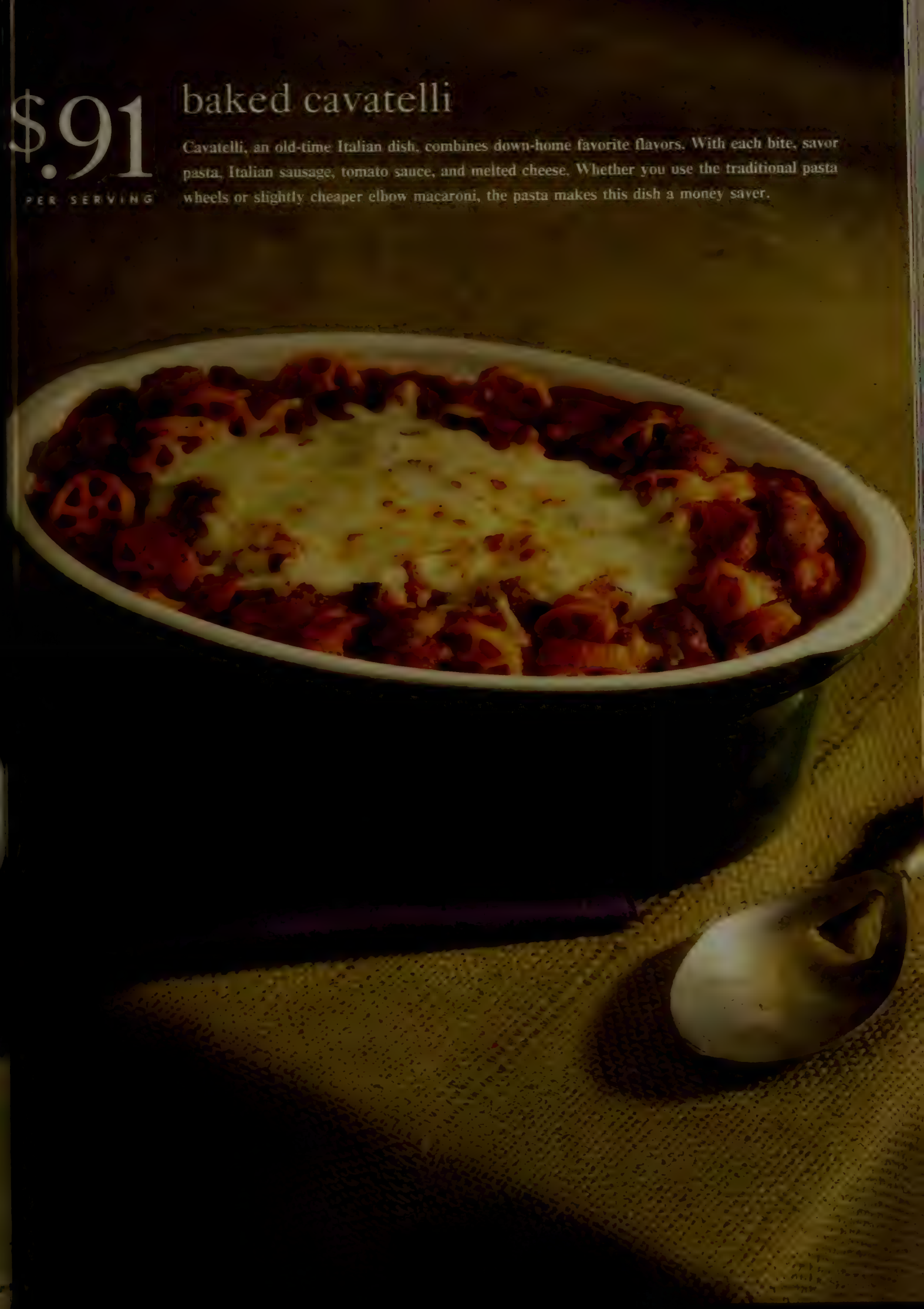
Recipes begin on page 126.



$.91
PER SERVING

baked cavatelli

Cavatelli, an old-time Italian dish, combines down-home favorite flavors. With each bite, savor pasta, Italian sausage, tomato sauce, and melted cheese. Whether you use the traditional pasta wheels or slightly cheaper elbow macaroni, the pasta makes this dish a money saver.





Crunchy Chicken-Cheese Bake

PREP TIME: 10 MIN. **COOK TIME: 25 MIN.**

8 skinless, boneless chicken breast halves
4 slices Swiss or American cheese, each cut in half
1 can (10 3/4 oz.) Campbell's® Cream of Chicken Soup
8 thin tomato slices*
2 tbsp. margarine, melted
1/2 cup Pepperidge Farm® Herb Seasoned Stuffing, crushed
Hot cooked rice

1. In 3-qt. oblong baking dish, place chicken. Top with cheese.
2. Stir soup and spread over cheese; top with tomato. Combine margarine and stuffing; sprinkle over tomato.
3. Bake at 400°F. 25 min. or until chicken is no longer pink. Serve over rice. Garnish with fresh oregano if desired. 8 servings.

*If desired, omit tomato; combine soup with 1/4 cup milk.



©1992 Campbell Soup Company

Mm! Mm! Good!

Dollar dinners

continued from page 115



$.54 baked spinach and ham frittata

PER SERVING

Sink your fork into this cheese-topped baked omelet. With flavor this good, it's hard to believe that the main ingredients, eggs, cost just 5 cents apiece.

Recipe begins on page 126. Buying information, page 138.

30 SUPER-SAVING SHOPPING TIPS

Saving money while shopping takes extra effort, but the results are rewarding. Try these shopping tips and watch your pocket change grow.

Meat, poultry, fish

1. Check the price per pound on several packages of the same cut. This price can vary, depending on packing date, brand, or sale price.

2. For beef steak cuts, Swiss and round steak are usually less expensive. These meat cuts work best for braising and stir-frying, not broiling or grilling.

3. The leaner the ground meat, the more it costs. When buying higher-fat meat (70% or 80% lean), drain off excess fat after cooking to make it more healthful. Or, extend lean meat with low-fat, low-cost fillers such as bread crumbs or oatmeal.

4. For chicken, whole fryers are a wise choice. Precut whole fryers cost about 20 cents more per pound. Other cheap cuts include drumsticks and hindquarters.

5. Treat your family to seafood's sister, surimi. This fish-based substitute tastes like crab or lobster but costs about three times less.

continued on page 1.



Vegetable Rotini

PREP TIME: 20 MIN. COOK TIME: 10 MIN.

1 can (10 3/4 oz.) Campbell's® Broccoli Cheese Soup
1 pkg. (3 oz.) cream cheese, softened
3/4 cup milk
2 tbsp. Dijon-style mustard (optional)
1/8 tsp. pepper
3 cups cooked rotini (corkscrew) macaroni (about 2 1/2 cups dry)
3 cups cooked cut-up fresh vegetables (broccoli flowerets, cauliflowerets, carrots)*
1/2 cup grated Parmesan cheese

1. In 3-qt. saucepan, gradually stir soup into cream cheese. Add milk, mustard and pepper. Over low heat, heat through, stirring often.
2. Add macaroni, vegetables and Parmesan cheese. Heat through, stirring often. 4 servings.

*If desired, substitute 1 bag (16 oz.) any frozen vegetable combination, cooked and drained, for fresh vegetables.

non Broccoli Chicken

ME: 5 MIN. COOK TIME: 20 MIN.

egetable oil
s, boneless chicken
olves
1 can (10 3/4 oz.) Campbell's® Cream of Broccoli Soup
1/4 cup milk
1/8 tsp. pepper

hin lemon slices; squeeze 2 tsp. juice from remaining lemon. Set aside.
let, in hot oil, cook chicken 10 min. or until browned. Remove; set aside.
off fat.
let, combine soup, milk, reserved lemon juice and pepper. Heat to
. Return chicken to skillet; top with lemon slices.
cook over low heat 5 min. or until chicken is no longer pink,
often. Garnish with fresh thyme if desired. 4 servings.



Two Great Ways To Make Broccoli A Part Of Your Dinner.



Mm! Mm! Good!®

DOLLAR DINNERS

continued from page 116

30 SUPER-SAVING SHOPPING TIPS

(continued from page 116)

6. Stock your shelves with budget-wise canned fish, such as tuna. Compare prices; canned seafood prices vary with brand and variety.

7. Check the prices on deli meats and the prepackaged brands. Figure the cost per ounce and go with the least expensive option.

Fruits and vegetables

8. For fresh produce, winter availability and prices are less than optimum. In winter, choose items that are plentiful, such as citrus fruits, winter squash, and brussels sprouts.

9. Purchase common produce, such as onions, potatoes, and apples in the largest package you can use.

10. Canned or frozen fruits and vegetables offer greater year-round availability than fresh produce, more-consistent prices, and convenience.

Dairy products

11. Choose common cheese varieties, such as mozzarella, Swiss, American, and cheddar, for the best prices. Specialty cheeses, such as Brie, Havarti, and feta, and cheeses with additional seasonings, usually cost more.

12. Compare block cheese to shredded. Block is usually cheaper, unless shredded is on sale.

13. You'll find coupons regularly for national brand dairy products.

14. Compare brands and sizes for the best deal, looking especially for value or store brands. Margarine, for example, can vary greatly in price.

Bakery items

15. Stock up on frozen bread dough. It's considerably less expensive than purchased bread. Baking the dough takes a little more effort, but the cost of firing up your oven is minimal.

16. Purchase day-old bakery items, then freeze or use immediately.

17. If you have the time, bake breads and cookies from scratch.

Pasta, rice, and legumes

18. Dry beans cost about three times less than canned, and they are lower in sodium. Choose the more common varieties, such as great northern, pinto, and navy beans.

19. Purchase protein-packed dry lentils for meatless meals.

20. Buy plain long-grain rice and add your own seasonings.

21. Opt for dried pasta over frozen or fresh. Fancy shapes and colored pasta also cost more than simple shapes and plain pasta.

Condiments

22. Buy herb mixes, such as Italian seasoning or apple-pie spice, instead of several individual containers of pure spices.

23. Purchase white or cider vinegar and make your own gourmet versions by adding herbs and flavorings.

24. Dissolve instant bouillon granules or cubes in hot water to make a quick broth.

25. Make your own salad dressings. It takes minutes to shake together salad oil, vinegar, and seasonings.

26. Purchase plain vegetable oils for cooking and salad dressings. If you prefer the flavor of olive oil, check the different brands and grades for the cheapest price. (Virgin and extra-virgin will be the most expensive.)

Pantry foods

27. Look for spaghetti sauces with meat and vegetables included, instead of adding your own. These sauces cost the same as the plain variety.

28. Stock up on simple canned soups, such as chicken noodle, cream of mushroom, and tomato, which cost less than heartier varieties. Add your own leftover vegetables, legumes, and meats to personalize them.

29. Opt for cooked oatmeal or other hot cereals to fill you up in the morning. Plain oatmeal costs just pennies per serving if you buy the large container. You can flavor oatmeal by cooking it with fruit juice or by adding your own spices or dried fruits.

30. Stock up on commonly used pantry items when you find a good sale. Purchase large sizes if the price per unit is less and you know your family will use them. Purchasing larger sizes instead of several small containers helps the environment to

$.80 PER SERVING

CHEESE AND CORN CHOWDER

American cheese melts smoothly in the soup, giving it a mild, creamy texture—

- **3 medium (1 lb.) potatoes, peeled and coarsely chopped**
- **1 cup water**
- **2 tsp. instant chicken bouillon granules**
- **⅛ tsp. ground red pepper**
- **Dash black pepper**
- **3 cups milk**
- **1 10-oz. pkg. frozen whole kernel corn**
- **2 Tbsp. all-purpose flour**
- **6 oz. American cheese, shredded (1½ cups)**
- **1 Tbsp. snipped parsley**



SCOTT LITTLE

In less than 20 minutes, settle down to a piping hot bowl of homemade Cheese and Corn Chowder. Serve it with a leafy green salad and crackers.

● **In a large saucepan combine** chopped potatoes, water, bouillon granules, ground red pepper, and black pepper. Bring to boiling; redu heat. Cover and simmer about 10 mi utes or till potatoes are just tend stirring occasionally.

● **Stir in** *2½ cups* of the milk and t corn. In a small bowl stir together maining *½ cup* milk and flour; s into potato mixture. Cook and s over medium heat till slightly thi ened and bubbly. Cook and stir fo minute more. Add cheese; stir melted. Spoon into 4 soup bowls. T each serving with parsley. Make main-dish servings.

Nutrition information per serving: *cal., 18 g fat, 54 mg chol., 20 g pro., g carbo., 0 g fiber, 1,142 mg sodi RDA: 62% calcium, 35% vit. A, 2 vit. C, 31% thiamine, 42% ribofla 20% niacin.*

continued on page

Chili Success

Make your next meal a smashing success with Hormel Chili No Beans and Success® Rice.

2 bags Success® Rice
1 (15 oz.) can Hormel Chili No Beans
1 (6 oz.) can vegetable juice
3 cups frozen vegetables, thawed, drained
sliced green onions
sour cream
grated cheddar cheese

Cook rice according to directions. In large sauce pan, combine chili, vegetable juice, and mixed vegetables. Bring to a boil, cover, and simmer over low heat for four minutes. Serve over rice, and top with sliced green onions, sour cream, and grated cheese. Serves four.



THERE'S A NAME FOR FOOD THIS GOOD.™

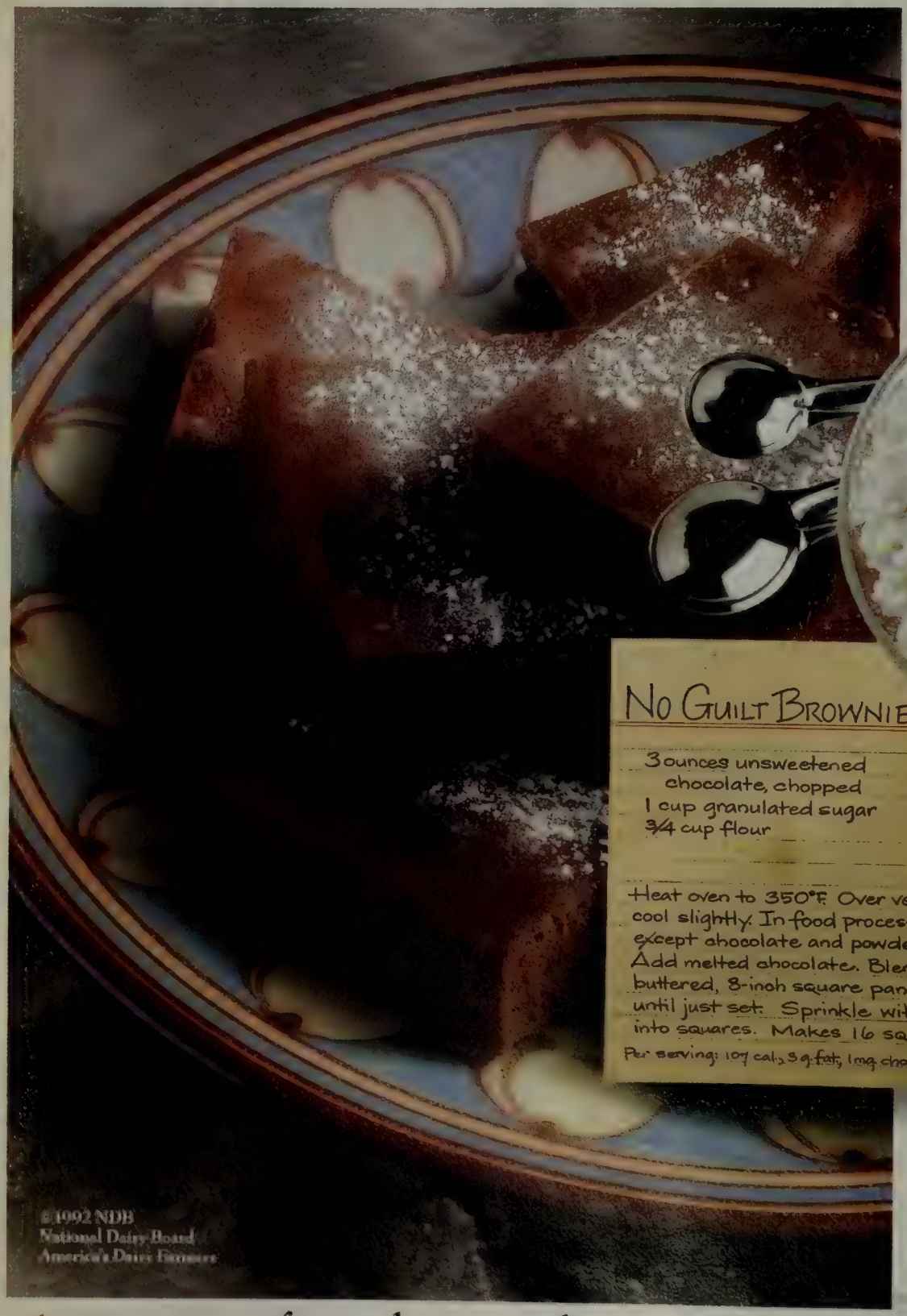
Hormel

©Geo. A. Hormel & Co. 1992

Success® Rice

©Riviana Foods Inc. 1992

Okay, so we made these delicious low cholester brownies with cottage cheese instead of egg yol Seconds, anyone?



Made with lowfat cottage c instead of egg yolks. Lowe and cholesterol. Only abou calories each. But you'll fo all that once you taste ther



No Guilt Brownies

3 ounces unsweetened chocolate, chopped
1 cup granulated sugar
3/4 cup flour
3/4 cup 2% lowfat cottage cheese
3 egg whites
1 teaspoon vanilla extrac
1/4 teaspoon salt
powdered sugar

Heat oven to 350°F. Over very low heat, melt chocolat cool slightly. In food processor, puree all ingredients except chocolate and powdered sugar, until smooth. Add melted chocolate. Blend well. Pour into lightly buttered, 8-inch square pan. Bake 20-25 minutes until just set. Sprinkle with powdered sugar. Cut into squares. Makes 16 squares.

Per serving: 107 cal., 3 g. fat, 1 mg. chol., 13 mg. calc., 69 mg. poten., 3 g. pr

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WIN MONEY FOR YOUR RECIPES
See Page 132 For Details

PRIZE TESTED RECIPES®

TEX-MEX ENTRÉES

File under Meat
January, 1993



$200 WINNER *Tonya Morrow, Boulder, Colo.*

LIME AND BEER PORK WITH CHUNKY GUACAMOLE

Tonya created this pork and rice recipe out of her passion for Southwestern foods—

- 1¼ lb. pork tenderloin
- 1 cup salsa
- ½ cup lime juice
- ½ cup beer
- 2 cloves garlic, minced
- 1 Tbsp. snipped cilantro *or* parsley
- 1½ tsp. ground cumin
- ¼ tsp. ground red pepper
- ¼ tsp. black pepper
- 1 recipe Chunky Guacamole
- 12 flour tortillas
- 1½ cups quick-cooking rice

Partially freeze pork; thinly slice across grain into bite-size strips. Place pork in a plastic bag set into a bowl. Combine salsa, lime juice, beer, garlic, cilantro, cumin, and red and black peppers. Pour over pork; seal bag. Marinate in refrigerator 3 to 4 hours. Prepare Chunky Guacamole; chill.

Wrap tortillas in foil. Heat in a 350° oven for 10 minutes to soften. For rice, drain pork and set aside; reserve marinade. Add enough water to marinade to equal *1½ cups.* In a saucepan bring marinade mixture to boiling. Add rice. Remove from heat. Let stand, covered, 5 minutes.

Meanwhile, spray a 10-inch skillet with *nonstick cooking spray;* preheat over medium heat. Add *half* of the pork to skillet. Stir-fry 4 minutes or till no longer pink. Remove from skillet using a slotted spoon; drain liquid if necessary. Repeat with remaining pork.

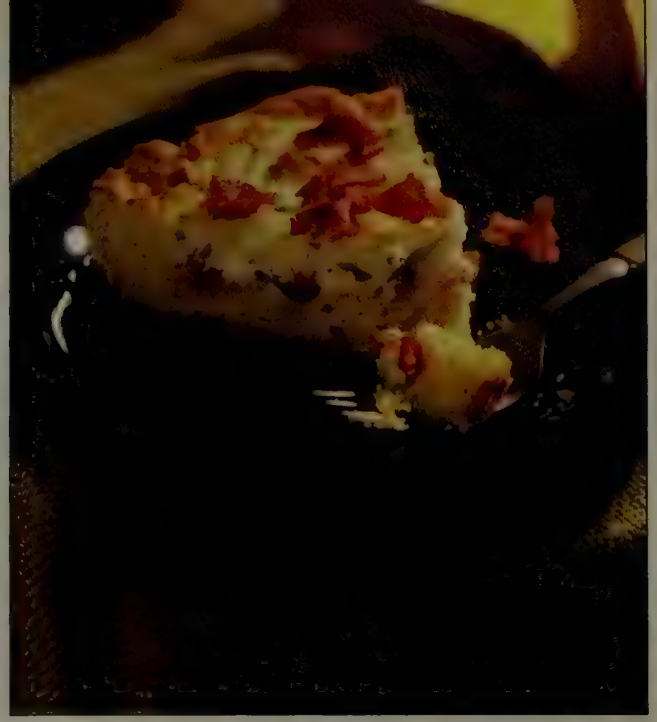
To serve, fill tortillas with pork and Chunky Guacamole. Top with *nonfat yogurt* and sliced *green onion,* if desired. Roll up. Serve with hot rice. Makes 6 servings.

along here and file punched pages in your *New Cook Book.*

PRIZE TESTED RECIPES®

BREAKFAST AND BRUNCH FAVORITES

File under Eggs, Cheese, & Legumes
January, 1993



$200 WINNER *Roxanne E. Chan, Albany, Calif.*

CHEESE, BACON, AND BREAD BAKE

A savory bread shell holds a hearty mixture of cheeses and bacon for this winner—

- 1½ cups all-purpose flour
- 1½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. dried dillweed
- ½ tsp. finely shredded lemon peel
- 1 8-oz. carton dairy sour cream
- 8 slices bacon
- ½ cup ricotta cheese
- ½ cup shredded Swiss cheese
- 1 3-oz. pkg. cream cheese
- 3 Tbsp. milk
- 2 tsp. Dijon-style mustard
- 1 green onion, finely chopped
- 1 Tbsp. snipped parsley

In a medium bowl combine flour, baking powder, baking soda, dillweed, and peel. Stir in sour cream. On a floured surface, knead dough till smooth. Cover; set aside.

In a 10-inch oven-safe skillet cook bacon till crisp. Drain and crumble. Set aside. Cool skillet; wipe with paper towels. Press dough onto the bottom and ½ inch up the sides of skillet; sprinkle with all but *2 tablespoons* crumbled bacon. Combine cheeses, milk, mustard, onion, and parsley; spread into skillet. Bake in a 400° oven 25 minutes or till golden. Cool slightly. Cut into wedges; sprinkle with reserved bacon. Serves 8.

Nutrition information per serving: *266 cal., 16 g fat, 41 mg chol., 10 g pro., 317 mg sodium.*

PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

BREAKFAST AND BRUNCH FAVORITES

File under Eggs, Cheese, & Legumes
January, 1993



$100 Winner *Angela Bumbalo, East Amherst, N.Y.*

BAKED EGGS WITH CHEESE AND BASIL SAUCE

Angela's recipe dresses up baked eggs for a special breakfast or brunch—

3 Tbsp. margarine *or* butter
2 Tbsp. all-purpose flour
¼ tsp. salt
⅛ tsp. pepper
¼ cup snipped fresh basil *or* 1 tsp. dried basil, crushed
1 cup milk
Nonstick spray coating
4 eggs
Salt and pepper
¼ cup shredded mozzarella cheese (1 oz.)
Snipped fresh basil (optional)

In a small saucepan melt the margarine or butter. Stir in the flour, ¼ teaspoon salt, ⅛ teaspoon pepper, and dried basil, if using. Add milk all at once. Cook and stir over medium heat till thickened and bubbly. Cook and stir 1 minute more. Remove from heat. Stir in fresh basil, if using. Spray four 8- to 10-ounce round baking dishes or 6-ounce custard cups with nonstick coating. To assemble, spoon about *2 tablespoons* basil sauce into *each* dish. Gently break an egg into the center of each dish; season with salt and pepper. Spoon remaining sauce atop eggs. Bake in a 350° oven for 18 to 20 minutes or till egg is set. Sprinkle with cheese. Let stand till cheese melts. Garnish with snipped basil, if desired. Makes 4 servings.

Nutrition information per serving: *214 cal., 16 g fat, 221 mg chol., 11 g pro., 7 g carbo., 0 g fiber, 493 mg sodium. RDA: 19% calcium, 31% vit. A, 31% riboflavin.*

Buying information, page 138.

Clip along here and file punched pages in your *New Cook*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

TEX-MEX ENTRÉES

File under Meat
January, 1993



$100 WINNER *Lynne M. Waldron, Campbell, Calif.*

POLLO RELLENO (Stuffed Chicken)

Expect oohs and aahs when you serve these chicken rolls, each with a cheese-stuffed chili pepper inside—

6 medium skinless, boneless chicken breast halves (about 1½ lb.)
⅓ cup cornmeal
½ of a 1¼-oz. pkg. taco seasoning mix (2 Tbsp.)
1 beaten egg
1 4-oz. can whole green chili peppers, rinsed, seeded, and cut in half lengthwise (6 pieces total)
2 oz. Monterey Jack cheese, cut into six 2×½-inch strips
2 Tbsp. snipped cilantro *or* parsley
¼ tsp. black pepper
¼ tsp. crushed red pepper
1 8-oz. bottle green *or* red taco sauce
2 oz. cheddar *or* Monterey Jack cheese, shredded

Rinse chicken; pat dry. Place *each* breast half between 2 pieces of plastic wrap. Pound chicken with a meat mallet to ⅛-inch thickness. Remove plastic.

In a bowl combine cornmeal and seasoning mix. Place egg in another bowl. For *each* roll, place 1 chili pepper on a chicken piece. Place 1 cheese strip atop chili pepper near one edge. Sprinkle with *some* of the cilantro and peppers. Fold in sides of chicken. Roll up, starting from edge with cheese. Repeat to make 6 rolls. Dip rolls into egg, then into cornmeal mixture. Place rolls, seam down, in a shallow baking pan. Bake, uncovered, in a 375° oven for 25 to 30 minutes. Heat taco sauce. Sprinkle chicken with cheese; serve with sauce. Garnish with chopped *tomato* and *cilantro,* if desired. Serves 6.



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Quaker Oats Co.

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With every recipe, we give nutrition information. We list the calorie count of each serving and the amount, in grams, of fat, cholesterol, protein, carbohydrate, sodium, and fiber.

You can check the vitamin and mineral levels of most recipes (per serving). These are noted in percentages of the Recommended Dietary Allowance (RDA) whenever values exceed 10 percent of the recommended amount. (The RDAs are dietary standards developed by the National Academy of Sciences.)

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The order does not mean we prefer one over the other.

We use the first serving size listed when a range is given.

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat and the recipes you prepare. The dietar guidelines below suggest the amount that moderately active women shoul strive to consume every day (in gener al, active males and teenagers nee more calories):

Calories: About 2,000
Fat: No more than 67 grams
Cholesterol: No more than 300 milligrams
Protein: About 75 grams
Carbohydrate: About 275 grams
Sodium: No more than 3,000 milligrams
Dietary fiber: 20 to 30 grams

There's no real harm in going ov or under these dietary guidelines i any single day, but you and your fan ily should try to eat a balanced di over time.

WIN MONEY

IN THE BETTER HOMES AND GARDENS® PRIZE TESTED RECIPES® CONTEST!

TWO $200 WINNERS
TWO $100 WINNERS
SIX HONOR ROLLS
ALL 10 WINNERS RECEIVE CORNING WARE COOKWARE

How would you like to win cash or products for your home? Send your original recipes to our Prize Tested Recipes Contest. Each month, we ask you to send us recipes that fit the two recipe categories. Seven months later, we feature the four top recipes on the Prize Tested Recipes pages.

HINTS FOR THIS MONTH'S CATEGORIES

Zucchini Ideas

Sliced, diced, baked, or grilled—send us your favorite way to use zucchini. Maybe you have a new zucchini side-dish, relish, or appetizer idea.

Grilled Burgers

If your burger is no ordinary burger, send in the recipe. Do you add ingredients to the meat, top it with a secret sauce, or stuff it? Any type of ground meat or poultry qualifies.

WINNERS IN THIS ISSUE (pages 129 and 130)
All 10 winners received Gloria Jean's coffee products

$200 Winners

Roxanne E. Chan, *Albany, Calif.*
Tonya Morrow, *Boulder, Colo.*

$100 Winners

Angela Bumbalo, *East Amherst, N.Y.*
M. Waldron, *Campbell, Calif.*

Honor Roll Winners

Baron, *Brookline, Mass.;*
Bundy, *Defiance, Ohio;*
Jodie Carcerano, *El Paso, Tex.;*
Jessica Gambino, *Waveland, Miss.*
Ken and Kelly Rick, *Wentzville, M*
Marilou Robinson, *Portland, Oreg*

CONTEST RULES

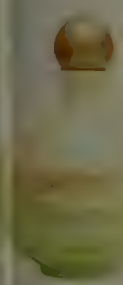
1. Contest is open to U.S. residents, exc Meredith Corp. employees, its affiliates, subs iaries, and families. **2.** With each entry, type print your name, address, and recipe mark "August Zucchini Ideas" or "August Grilled B gers." Specify ingredient brands and recipe gin. **3.** Address recipes to 9308 Food De Better Homes and Gardens, Des Moines, 50309-3023. **4.** Postmark all entries by Ja ary 31, 1993. **5.** Winners are selected about days later, then notified by mail. **6.** Entries n be original, and will be judged on creativ taste, and practicality. **7.** Entries are not turned. All copyright rights of winning reci belong to Meredith Corp. We reserve the righ adjust winning recipes. **8.** Entry constitutes mission to use winner's name and hometo name for editorial and promotional purposes

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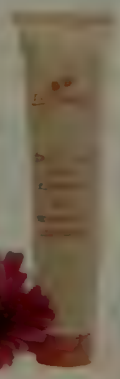
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Soothe cares away with this luxurious, fragrant bath foam.
6.8 fl.oz.
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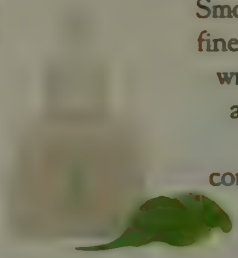
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Moisturize dry skin with this powerful cream enriched with Vitamins A, E and F. 1.4 oz.
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Light, moisturizing coverage for a perfectly natural look.
1.4 fl.oz.
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Botanical Facial Scrub
Removes stubborn impurities for a fresh, radiant complexion.
1.7 fl.oz.
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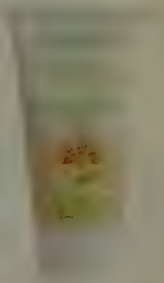
ADN Perfect Recovery Fluid
Smooth away fine lines and wrinkles for a younger-looking complexion.
1.0 fl.oz.
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Lumiére Shampoo with Camomile
Enhance the sunny highlights of blonde or light brown hair.
8.4 fl.oz.
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$3



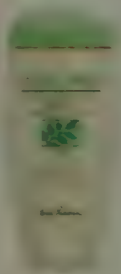
Shower Gel with Passion Flower
Turn your shower into a floral fantasy!
8.4 fl.oz.
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Calendula Hand Cream
Softens and protects over-worked hands.
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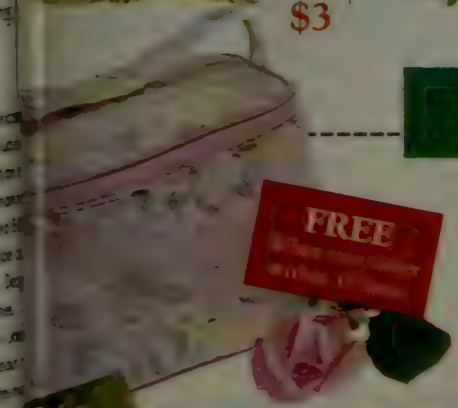
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Moisturizes skin, leaving it softly fragrant.
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Gently cleanses your complexion. Choose for dry or oily skin.
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2 ☐ Bionutritive Moisturizer
3 ☐ Passion Flower Shower Gel
4 ☐ Fluid Foundation
5 ☐ Orchidée Foam Bath
6 ☐ ADN Perfect Recovery Fluid
7 ☐ Calendula Hand Cream
8 ☐ Botanical Facial Scrub
9 ☐ Magnolia Body Lotion
10 ☐ Lumiére Shampoo
11 ☐ Acaciane Cleanser–Dry
12 ☐ Acaciane Cleanser–Oily

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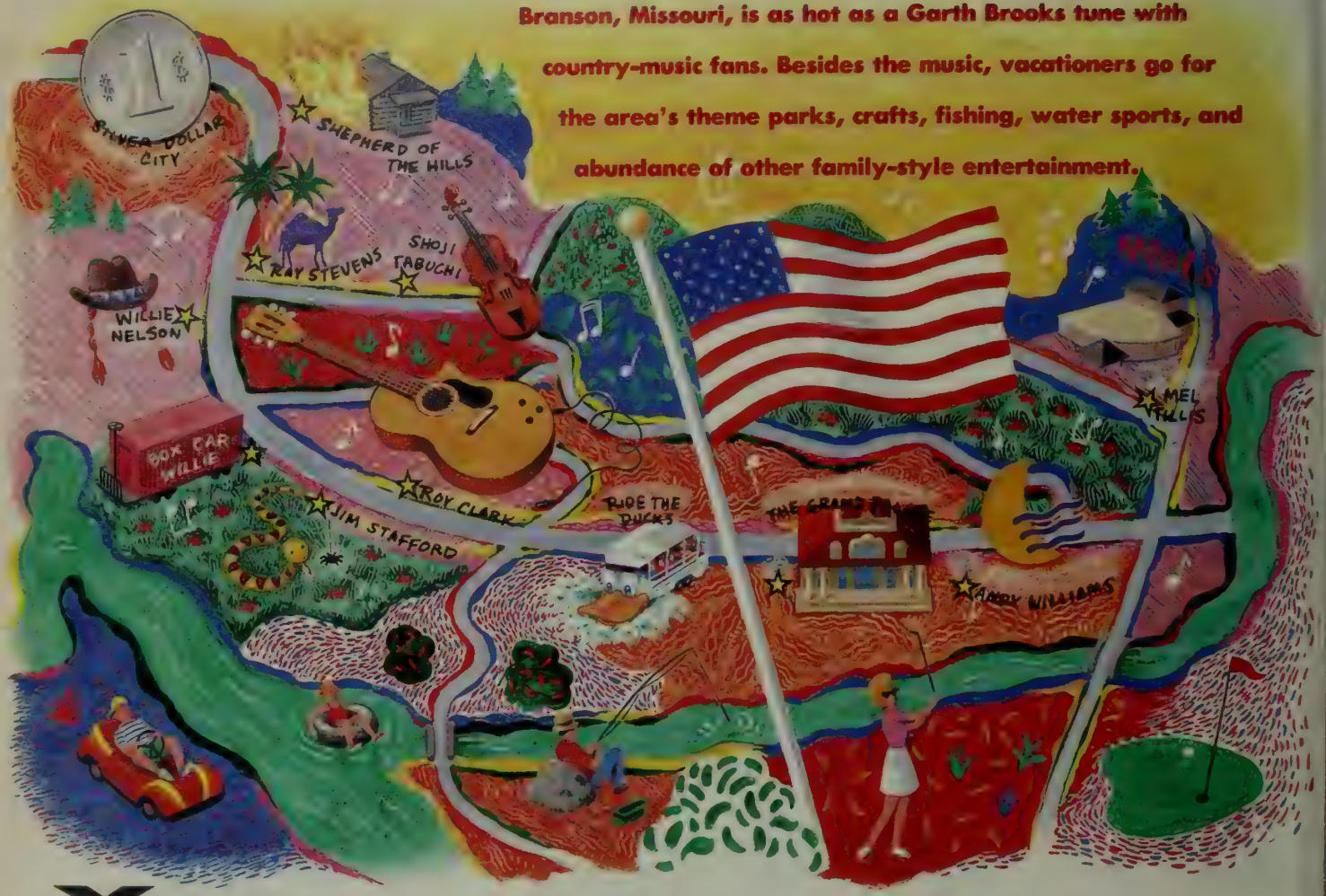
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BRANSON, MO

Nashville of the Ozarks

Branson, Missouri, is as hot as a Garth Brooks tune with country-music fans. Besides the music, vacationers go for the area's theme parks, crafts, fishing, water sports, and abundance of other family-style entertainment.



You can't buy maps to the stars' homes in Branson, Missouri. But who would settle for a drive-by glimpse of a house when Willie Nelson will gladly shake your hand, Mickey Gilley will pose with you for a picture, and Mel Tillis will sign just about anything except a blank check?

The small Ozark town of 3,700 near the Arkansas border has made a big splash recently in the world of country music. Fans who once pilgrimaged to Nashville now head for Branson's 76 Country Boulevard, referred to as Hillbilly Heaven and country's Broadway. Nashville still serves as country music's recording capital, but Branson is turning into its performing center. From May through October, you can catch a matinee and an evening show daily.

A single word describes Branson entertainers—accessible. At the beginning of a matinee, Moe Bandy stops to say howdy and chat with his 950 guests. "Right after the show, I'll go out in the lobby to shake hands, sign autographs, and pose for pictures," he says. This intimate relationship between performers and fans is the key to Branson's success.

Honky-tonk town. Fans aren't the only ones who trek to Branson in ever-increasing numbers. Performers are racing to get in on the act, as well. Their attitude seems to be: If we build it, they will come. So far, the entertainers are right. Four to 5 million of us head to Branson each year.

Will you see country's hottest stars? Branson's largest and plushest theater, The Grand Palace, pairs a concert by the likes of Randy Travis, Mark Chesnutt, Pam Tillis, or Ricky Van Shelton with a performance by a resident entertainer, either Glen Campbell or Louise Mandrell.

Most of the more than two dozen theaters, though, feature names who have been mainstays of the country-music circuit for decades. That means you're more likely to hear classic country than current chart toppers.

continued on page 136

Now you don't have to choose between seeing the country and saving time. Amtrak's Air-Rail Travel Plan lets you combine the luxury of sightseeing by train with the speed of jet travel.



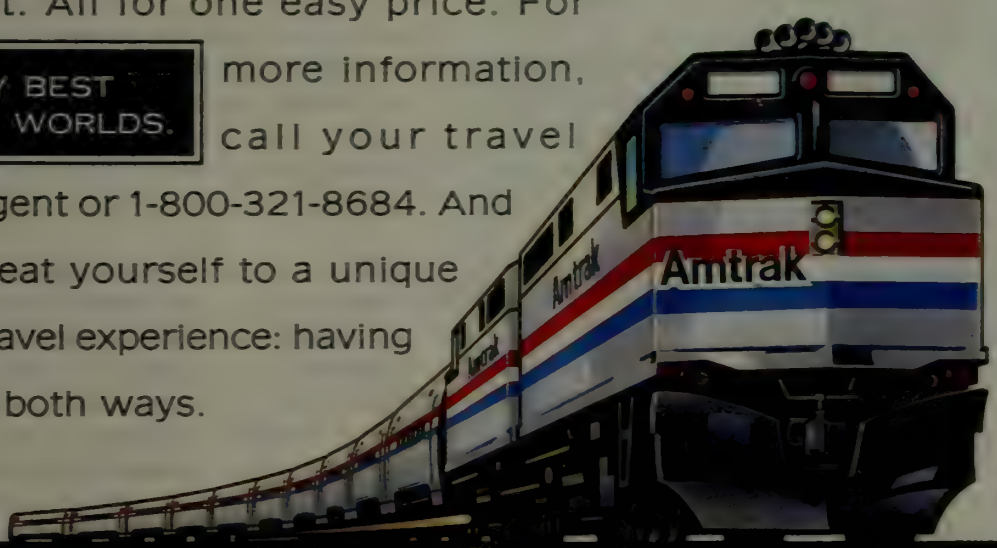
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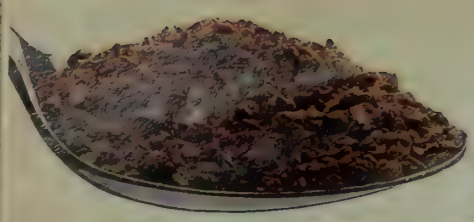
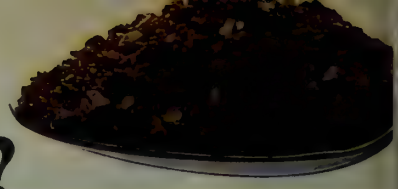
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BRANSON, MO

continued from page 134

Roy Clark began the good old boys' exodus to Branson in 1983. Four years later, Box Car Willie derailed permanently in Branson, and, quicker than you could say, "Your cheatin' heart," the race was on to landscape West Highway 76 with country-music theaters and billboards.

The area's original country performers, the Baldknobbers and the Presleys, continue to delight audiences as they have since the '60s, although the jokes have grown a tad racier.

Fans arrive by the busload to catch Shoji Tabuchi's high-energy performances. But Shoji's virtuosity in playing th violin above his head or under his leg nearly takes secon fiddle to his lavish women's rest room. You'll see me lurking outside its massive wooden door decorated wit stained glass trying to catch a glimpse of the firepla potpourri-filled birdcage, and cupid wallpaper inside.

Mel Tillis' gift shop dwarfs some of the town's theater You can drape your entire body with Mel mementos– suspenders, socks, fanny packs, and jewelry.

Jim Stafford charms his audiences with a clever web music, humor, and tales of spiders and snakes in an intima old theater. Fellow rock 'n' roll singer Ray Stevens has s himself up as the Sheik of Branson. The town's only pal

BRANSON BASICS

Best time to go: **Mid-April through October.** ***Runner-up:*** **Ozark Mountain Christmas, November and December.**

Dress code: **Rhinestone cowboy come to life—trophy-size silver belt buckles, boots, and cowpoke hats. T-shirts and ball caps also acceptable, but, for the proper fashion statement, stop by Dick's 5 & 10 downtown for some sequined patches. For instance, you can pick a guitar to the tune of $14.**

Where to stay: **Motel rooms run $40–$70 in summer, less in off-season; about 6,000 campsites. Lakeside cottages mean a commute to the shows, but allow easy access for boating.**

Shows: **Tickets run about $12–$20, discounts for kids. Request a theater list from the Chamber.**

Traffic-jam etiquette: **People lay on the courtesy, not the horn. The only hand gestures used on 76 Country Boulevard motion you to merge with the solid line of cars, trucks, and RVs, or allow you to make a left-hand turn. Use alternate routes on Chamber map whe possible.**

Low-cost dining: **Across from the Grand Palace, Uncle Joe's Bar-B-C piles pork or beef on gigantic bun**

Information: **Branson/Lakes Are Chamber of Commerce, Dept. BHG P.O. Box 220, Branson, MO 65616; 417/334-4136.**

trees beckon you to streak into Ahab the Arab's.

Branson's broadening appeal brought Andy Williams and his Moon River Theater in 1992. Johnny Cash settled into the community as well, even though the theater bearing his name hasn't been completed. Kenny Rogers teamed up with the folks at Silver Dollar City theme park, the Osmond family came to town last September, and Las Vegas' Wayne Newton will start performing this May.

Get your kicks on Highway 76. The majority of Branson's theaters line about a 4-mile stretch of Highway 76. Driving on this three-lane gauntlet is the worst part of a trip to Branson. But this is Middle America, and you'll rarely find a friendlier traffic jam. As you creep along in first gear under a canopy of marquees, billboards, and neon signs, you can see what kind of a deal you snagged on your lodgings, scout out dining possibilities, and plan what to do.

Marquees try to entice the weary with promises of king-size beds, water beds, and whirlpools. Starvin' Marvin's Restaurant features a $2.99 "All U Can Eat Breakfast Buffet." Black velvet paintings coexist with handcrafted items.

Kids enjoy the miniature golf courses and the go-cart tracks scattered along the main drag. White Water park's slides and rides offer a cool retreat on a hot summer's day.

Other attractions. Antiquing is a favorite pastime, as is strolling Branson's recently renovated downtown.

For a multifaceted tour, climb aboard Ride the Ducks. From your perch in what appears to be a canopied boat on a hefty set of tires, you rumble along 76 Country Boulevard and past other local attractions. No sooner do you spy Moonshine Beach than your Jekyll-and-Hyde craft charges down a hill. Splash! You're afloat on Table Rock Lake amidst sailboats, speedboats, water-skiers, and parasailers. A tour in these amphibious relics from World War II costs $9.95; $4.95 for kids.

A trio of lakes provide plenty of recreational opportunities. Table Rock teems with bass and crappie, while trout tempt anglers at Lake Taneycomo. Bull Shoals Lake, southeast of Branson, offers a less-developed alternative to Table Rock Lake. Numerous small resorts rent cabins ranging from $400 to $1,000 per week.

For a more upscale setting, you can't beat Big Cedar Lodge, where you can ride horseback, boat, or play tennis and miniature golf. Stars performing in Branson often stay at the wooded resort on the edge of Table Rock Lake. Stuffed bass, antlers, and other preserved members of the animal kingdom decorate the log-cabin-style rooms and cabins. In season, room rates begin at $105 per night, cabins with whirlpool and fireplace from $209.

Theme parks. For decades, Silver Dollar City has been synonymous with Branson. A combination of crafts fair and theme park, Silver Dollar City showcases the skills of such artisans as a glassblower and a blacksmith. The park also boasts rides and shows. Not to be missed is Marvel Cave, underneath the park. Entering through a sinkhole, you descend to the Cathedral Room—massive enough that a pilot once flew a hot-air balloon in it. Dark and home to bats, Marvel Cave can be spooky for youngsters, but in a tantalizing, let's-tell-ghost-stories kind of way; $22, $13 ages 4–11.

For a different view of Ozark life at the turn of the century, catch a performance of *The Shepherd of the Hills*, based on Harold Bell Wright's classic novel.

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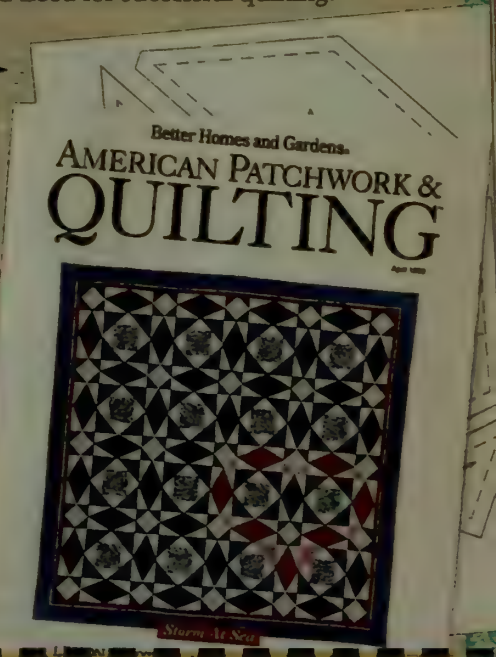
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SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below.

SNOWFLAKE QUILT

Cover and page 40: Bed, "Rake"—Lineage Home Furnishings, P.O. Box 11188, High Point, NC 27265. **Lace and cutwork bedcovers (used as window treatments), table runner, fabric picture frame, shams, bolsters**—paperwhite, ltd., 769 Center Blvd., Fairfax, CA 94930. **Flowered sheets and pillow shams,** "Nob Hill"—Cannon Mills, 1271 Avenue of the Americas, New York, NY 10020; 800/237-3209. **Window hardware**—Kirsch, 309 N. Prospect, P.O. Box 370, Sturgis, MI 49091. **Dried rosebuds**—Plantation Botanicals, P.O. Box 128, Loop Road at the Dike, Felda, FL 33930. **Teapot, mugs, dessert plates,** "Flora Bella"—Villeroy & Boch, 41 Madison Ave., New York, NY 10010. **Stemware,** "Conte"—Schott Cristal, 3 Odell Plaza, Yonkers, NY 10701. **Bowl and pitcher,** "Quadra" by Paloma Picasso—Villeroy & Boch (address above). **Coffee maker**—Bodum, Inc., 2920 Wolff St., Racine, WI 53404.

FIVE STEPS TO BUILDING A HOME OF YOUR OWN

Page 61: Adirondack chairs on front porch—Stor, 2982 El Camino Real, Tustin, CA 92680. **Ceramic pig on front porch**—The Book Works, 2670 Via De La Valle, Del Mar, CA 92014. **Windows**—Pozzi Wood Window Co., P.O. Box 5249, 62845 Boyd Acres Rd., Bend, OR 97708; 800/821-1016. **Exterior paint**—Frazee Ind., 6625 Miramar Rd., San Diego, CA 92121. **White chaises on patio**—Home Depot, 2727 Paces Ferry Rd., Atlanta, GA 30339.

Pages 62–63: Cactus floor lamp—Arte En Cantera, 7272 Dune Lane, La Jolla, CA 92037. **Pillows and red ceramic pots**—Bazaar Del Mundo, 2750 Calhoun St., San Diego, CA 92110. **Windows**—Pozzi Wood Window Co. (address above).

Pages 64–65: White ceramic tile—Morena Tile Supply, 1065 West Morena Blvd., San Diego, CA 92110. **Dishwasher**—The Maytag Co., 1 Dependability Sq., Newton, IA 50208. **Faucets**—Price Pfister Inc., 13500 Paxton St., Pacoima, CA 91331. **Wall sconces in hallway**—Conran's, 145 Huguenot St., New Rochelle, NY 10801. **Ceramic tile on built-in**—Morena Tile Supply (address above). **Windows**—Pozzi Wood Window Co. (address above). **Interior paint**—Frazee Ind. (address above).

Page 66: Bedding and bath towels—Strouds Linen Warehouse, 780 S. Nogales St., City of Industry, CA 91748. **Table light**—Atelier International Lighting, 235 Express St., Plainview, NY 11803. **Toilet**—American Standard, Inc., 1 Centennial Plaza, P.O. Box 6820, Piscataway, NJ 08854-6820; 800/821-7700. **White ceramic tile**—Morena Tile Supply (address above). **Faucets**—Price Pfister Inc. (address above).

TV SPOTS

Page 82: TV—Sony, 4737 Van Dam, Long Island, NJ 11101. **Rug**—Thomas K. Woodard, 835 Madison Ave., New York, NY 10021. **Chair, sofa, horse print pillow, throw**—Expressions, P.O. Box 6018, Metairie, LA 70002. **Nesting tables**—Eddie Bauer Home Store, 15010 NE. 36th St., Redmond, WA 98052. **Table lamp**—Sundance Catalog, 1909 S. 4250, W, Salt Lake City, UT 84104; 800/422-2770.

Page 83: TV, "UVU"—RCA Consumer Electronics, 600 N. Sherman Dr., Indianapolis, IN 46201. **Sofa,** "Drexel Heritage Leather"—Drexel Heritage Furnishings, Inc., 201 N. Main St., Drexel, NC 28619-3000; 800/447-4700. **Coffee table**—Expressions (address above). **Lamp,** "Tizio"—Artemide, 1980 New Highway, Farmingdale, NY 11735.

Page 84: TV, "Trinitron"—Sony, (address above). **VCR**—RCA Consumer Electronics (address above). **Barcelona chairs, ottoman, coffee table, Eames Chair**—IPF International, Inc., Box 905, Paterson, NJ 07470.

Page 85: Carpet—New York Carpet, 225 W. 37th St., New York, NY 10017. **Lamp,** "Tizio"—Artemide (address above). **Tapestry sliding screen design**—Bruce Bierman Designs, 29 West 15th St., New York, NY 10011. **Home Entertainment System**—Home Entertainment Design, 1015 Alpine Dr., Teaneck, NJ 07666.

Page 86: Storage cabinets, stacking chest, sofa, lamp table, cocktail table—Drexel Heritage Furnishings, Inc. (address above).

Page 87: TV—Zenith, 1000 Milwaukee Ave., Glenview, IL 60025. **Electronic equipment**—Sony (address above).

Page 88 (*top*): Home theater system, "American Artisan Collection"—Henredon Furniture Industries, Inc., P.O. Box 70, Morganton, NC 28655. (***Bottom***): **Home theater system,** "Scenario Collection"—Thomasville Furniture, Box 339, Thomasville, NC 27360; 800/225-0265.

PILLOW TALK

Page 90: Sofa slipcover fabric, "Autumn"—Fiona, P/Kaufmann, Inc., 261 Fifth Ave., New York, NY 10016. **Needlepoint pillows**—Katha Diddel Home Collection/Twin Panda, Inc., 345 Fayette Ave., Mamaroneck, NY 10543.

Page 92: Sofa—Crate & Barrel; 800/323-5461. **Solid pillow fabrics**—Lanscot Arlen, 295 Fifth Ave., New York, NY 10016. **Light print pillow fabric**—P/Kaufmann, Inc. (address above). **Dark print pillow fabric**—Hoffman of California, 25792 Obrero Rd., P.O. Box 2009, Mission Viego, CA 92691; 800/547-0100.

Page 93 (*Right foreground*): Cord striped pillow fabric, P/Kaufmann, Inc. (address above). **Floral pillow fabric**—Concord Fabrics, 1359 Broadway, New York, NY 10018. (***Left foreground***): **Striped pillow**—Anju Woodridge, 295 Fifth Ave., New York, NY 10016. (***Right rear***): **Bow fabric**—Lanscot Arlen (address above). **Floral fabric**—Spectrum, 261 Fifth Ave., New York, NY 10016. (***Left rear***): **Pillow fabric**—Kaleidescope, 261 Fifth Ave., New York, NY 10016.

Pages 94–95 (*left*): Bed—The Naturalist, P.O. Box 1431-BG, Provo, UT 84601; 800/374-7244. (***Left foreground***): **Navajo print pillow fabric**—Crantex (address above). (***Right and left rear***): **Pillow fabrics**—Landau Woolen Co., 239 West 39th St., New York, NY 10018. **Small fringed pillow fabric**—Peter Pan, 1071 Sixth Ave., New York, NY 10018. (***Right***): **Sofa, end table**—Taylor Woodcraft, P.O. Box 245, Malta, OH 43758-0245. **Checkered pillow fabric**—Mission Valley, Div. of Westpoint Pepperell, P.O. Box 311807, New Braunfelse, TX 78131. **Solid pillow fabric**—Ultrasuede Brand Fabric, Div. of Springs Ind., Inc., 104 West 40th St., New York, NY 10018.

Page 96: Pillows—Eastern Accents, 954 W. Washington Blvd., Chicago, IL 60607.

PAINT POWER

Pages 102–103 (*right*): Flooring, "Flor-Ever" model no. 5077 in black and white—Congoleum Industries Inc., 195 Belgrove Dr., Kearny, NJ 07032. **Foyer flooring,** 12×12-inch black Andes granite and 12×12-inch Roman travertine marble—Stone Center, 401 N. Jefferson Davis Pkwy., New Orleans, LA 70119. **Wall paint,** "Whey"; **accent wall paint,** "Burgundy Dash"—The Glidden Co., 925 Euclid Ave., Cleveland, OH 44115. **Tile wall**—Roubion Tile and Marble, 8204 Oak St., New Orleans, LA 70118. (***Left***) **Wall paints,** "Teal" (custom mix); "Cathedra Blue"—The Glidden Co. (address above) **Sconces**—Koch & Lowy, 487 W. Main St. Avon, MA 02322. **Ellipse glass table design**—Darlene and José Fernandez, I. William Sizele Architects, 300 Lafayette Mall, Ste. 200, New Orleans, LA 70130. **Ellipse glass table legs**—Luminaire, 361 W. Chestnut, Chicago, IL 60610 **Wood chair**—Christopher Maier Furniture Design, 329 Julia St., New Orleans, 70130. **Dining table and chairs**—Workbench, 470 Park Ave S, New York, NY 10016.

Pages 104–105: Living room paints, 18HG "Blush Mauve" ; 2H32G, "Florette-Blue"; 2H5F "Milky Peach"; 1H28G, "Barclay-Aqua"; **trim paint,** 2H52G, "Alabaster"—Ameritone, 1841 S. Santa Fe Ave., P.O. Box 190, Long Beach, C 90801. **Living room paint,** "Driftwood Gray"—Pratt & Lambert, 75 Tonawanda St., P.O. Bo 22, Buffalo, NY 14240. **Lighting**—Lightolie Inc., 100 Lighting Way, Secaucus, NJ 07094.

Page 106: Paint, 1H28G, "Barclay-Aqua 1H13F, "Rose-White" (discontinued)—Amer tone (address above).

DOLLAR DINNERS

Page 111: Peach glass, "Gibralter"—Libb Glass, Inc., P.O. Box 919, Toledo, OH 4369 **Blue glass**—Pier 1, P.O. Box 961010, Fo Worth, TX 76161-0020. **Plate,** "Fiesta"—Hom Laughlin China Co., Newell, WV 26050. **For** "Beaded Antique"—Towle Silversmiths, 1 McClellan Hwy., E. Boston, MA 02128.

Page 113: Plate, "Queen Anne"—Loneoak Co., 3351 E. Imperial Hwy., Lynwood, CA 902

Page 114: Plate, Burgandy, "Prego Villa"—C ning, Corning, NY 14831.

Page 115: Casserole, "Primevere"—Em Henry USA, 60 Clyde Rd., Somerset, NJ 088

Page 118: Plate—Bazaar Del Mundo, 2754 C houn St., San Diego, CA 92110.

Page 120: Plate, "Alegre"—A Mallory, 1977 Sepulveda, Blvd., Los Angeles, CA 90025.

PRIZE TESTED RECIPES®

Page 129 (*left*): Beechwood charger—Sel dia Designs, P.O. Box 801447, Santa Clarita, 91380. (***Right***): **Plate,** "Sapphire"—Nancy houn, Inc., P.O. Box 9847, Brea, CA 92622.

Page 130 (*left*): Egg casserole—The Hall na Co., East Liverpool, Ohio 43920. **Plate**—zaar Del Mundo, 2754 Calhoun St., San Die CA 92110.

See page 30 for Directory of Architects Designers.

ILLOW TALK

ntinued from page 96

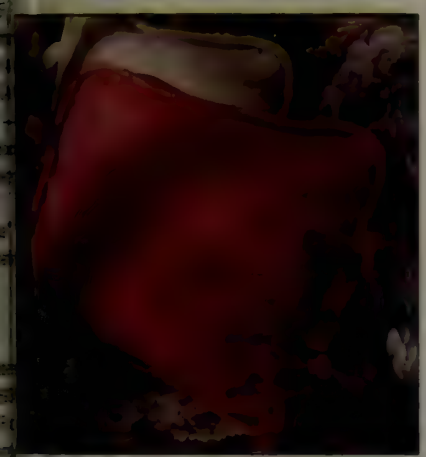
LLOW SLIPCOVER HOW-TO

llow these directions for making e tie-on pillow slipcovers shown on ge 90. Note: The slipcover fits a ×20-inch knife-edge pillow made m matching fabric.

To sew the slipcover, use ½-inch am allowances throughout.

terials: Two 24×16-inch fabric ces (slipcover front, back); eight ×18-inch fabric strips (slipcover s); 2⅜ yards ⅜-inch-diameter rding (slipcover piping); 2⅜ yards 3-inch-wide bias stripping (to cover rding); thread.

structions: For ties, fold 3×18-inch ips in half lengthwise (right side together) and sew across one short side e end) of each. Leaving a 3-inch ening for turning in the center of e seam, sew raw edges together on



e long side of each tie. Turn right le out through 3-inch opening; ess; sew opening closed.

To prepare the piping, cover cord- with 3-inch-wide bias stripping. ith raw edges matching the raw ges of the pillow front, sew the cord- to the right side of pillow front.

Matching raw edges, sew a fabric 4½ inches from each corner on the ort sides of slipcover front and back. With right sides facing, sew the g sides of the slipcover back and nt together. Continue stitching the ms around each corner 2 inches; remaining space leaves end openings for inserting the pillow.

To complete, finish the raw edges of end openings with stay stitches, by ning edges under or using ½-inch-e seam tape. Slip the pillow inside; the tie-ons in loose bows.

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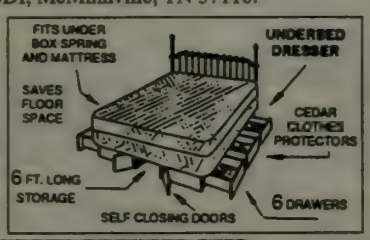
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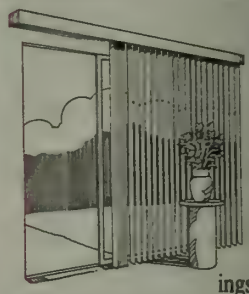
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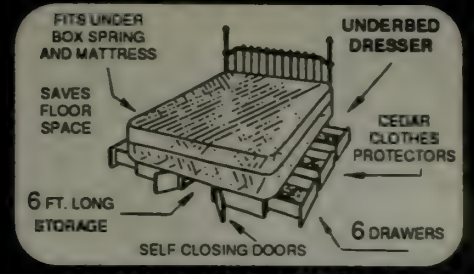
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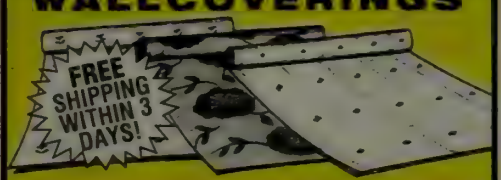
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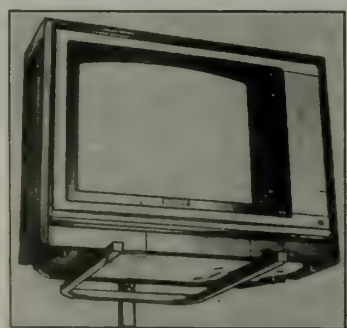
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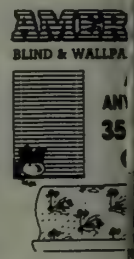
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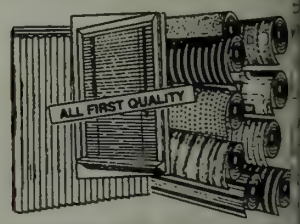
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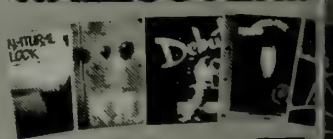
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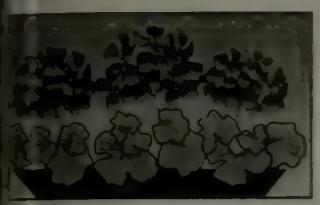
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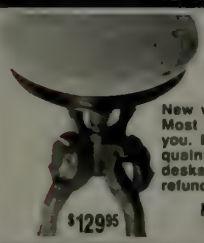
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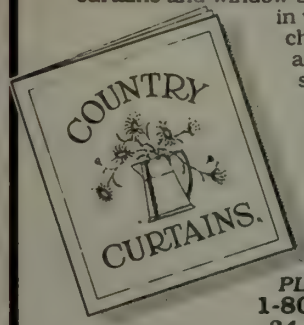
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JANUARY 1993

■ Elaine Cowan admits that she finds comfort in those tell-all talk shows. "After all," she says, "how bad can your problems be compared to 'mothers who still choose their grown sons' clothes'?"

■ Advances in office technology are fine with administrative assistant Rose Hodges, although she asserts that a message on the FAX machine will never be an adequate substitute for flowers by wire.

■ Grandma Hillis declares that she's given up trying to figure out what makes City Hall work, and instead she's now just trying to figure out how to make it stop whatever it is doing.

■ "Some folks look for a divine sign to help solve a problem," the Rev. George Hall declared last Sunday. "But when the revelation eventually arrives, half of them want a second opinion."

■ Bill Minchin can't understand why science can design plastic and metal containers that require decades to decompose, but hasn't yet come up with a paycheck that will last for more than two days.

■ Congressman Nick Hanfli doesn't mind the federal restrictions on acceptance of honorariums, confiding that he has always been skeptical that folks would be willing to pay very much to listen to him anyway.



"I'm a good mechanic, but I happen to be a lousy estimator."



"I don't really care that much for football. I just like to eat."

■ "Fashion designers seem to be keeping the average woman in mind these days," says Dot Dresch. "How else could they consistently come up with styles that look so awful on the average woman?"

■ Aunt Opal notes that her small burg is every bit as trendy as the big cities. "Of course," she adds, "we wait a few years to see if something is really going to catch on."

■ Editor Earl Reeves, noting the poor test scores of American students compared to kids in other countries, suggests we'd do better if the exams were transferred to videotape and we charged $1 a day to rent them. "We might even want to slap an R rating on them," he adds.

■ Christine casts her vote for any new law that would penalize those thoughtless folk who park diagonally through two parking spaces.

■ Her expression turned from sunny to cloudy as our Judy realized that when I said we'd be recycling today, I meant that I was reheating leftovers for dinner.

Aunt Opal writes that w ter seems a little bleaker this yea in her small town: "Our biggest employer cut 25 people from the payroll in September. A month a Millie's Variety closed when the current owner retired and couldn find a buyer to take over. That leaves three out of 15 storefront vacant on Main Street.

"Even the town's holiday deco tions look a bit worn out, and there's no money for new ones.

"But I have begun to notice a few bright spots. The Reverend says the collection plate is a little heavier. The book drive for the school library did better than las year's. And the food pantry for hungry families is filled to capaci

"I guess we're not much differ than other folks. When times get tough, we don't pull out. We pull together."

She signed off, then added: "Everyone here says to wish yo 'Happy New Year' for them."

Burton Hill

TER HOMES & GARDENS
3 February

SIDENT CLINTON WHAT YOU WANT! p.3

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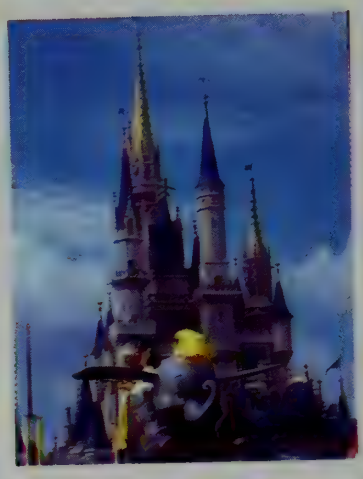
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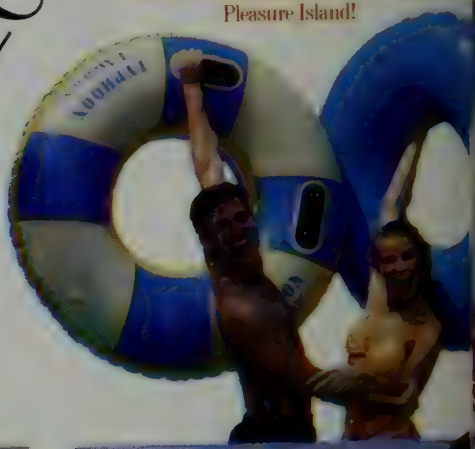
Above Left Amazing "How do they do that?" attractions like the Indiana Jones™ Stunt Spectacular make the Disney-MGM Studios Theme Park the most popular movie and TV studios in the world! **Above Right** Beauty and the Beast appear live every day in a big-as-Broadway stage show based on the Disney hit movie. **Left** Fairy tales come true in the Magic Kingdom.

The most magical



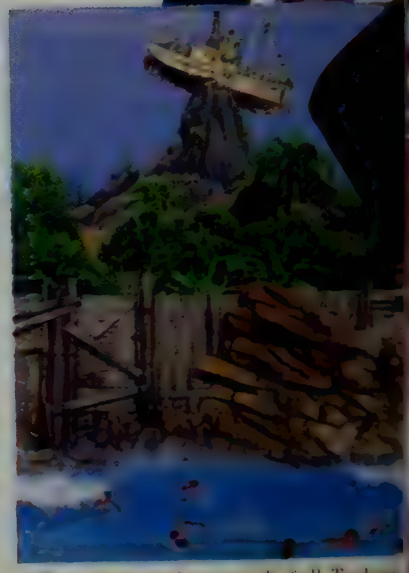
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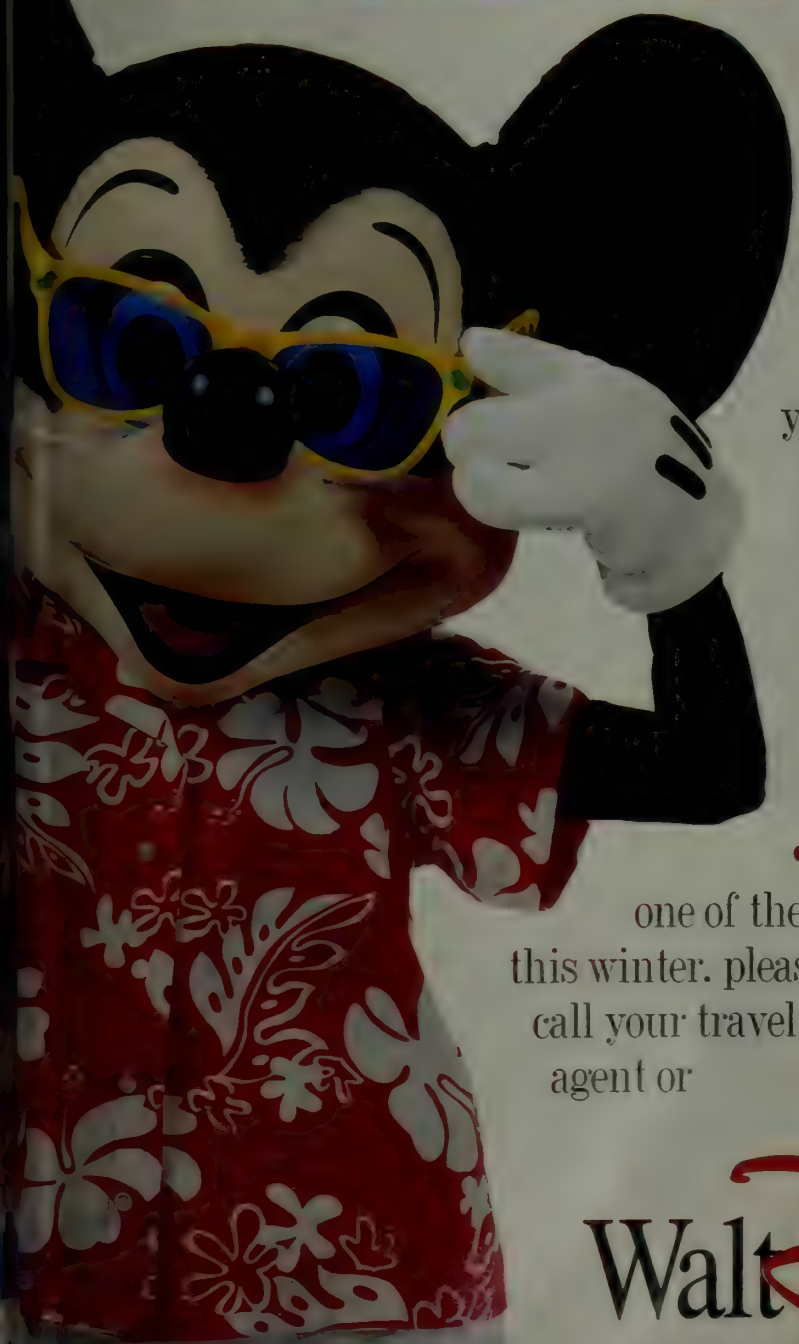
The most magical water park of all. Typhoon is mountains of fun—more fun than th

Winter of all.





Right Goofy, Pluto, and lots of other Disney characters delight guests during breakfast, exclusively at Disney Resort hotels. **Above Right** Disney's Caribbean Beach Resort, between Epcot Center and the Disney-MGM Studios Theme Park, offers the flavor, color, and excitement of the islands, from $89 a night.



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66 PC Set	1260.00	459.95	952.00	369.95	735.00	269.95	525.00	199.95
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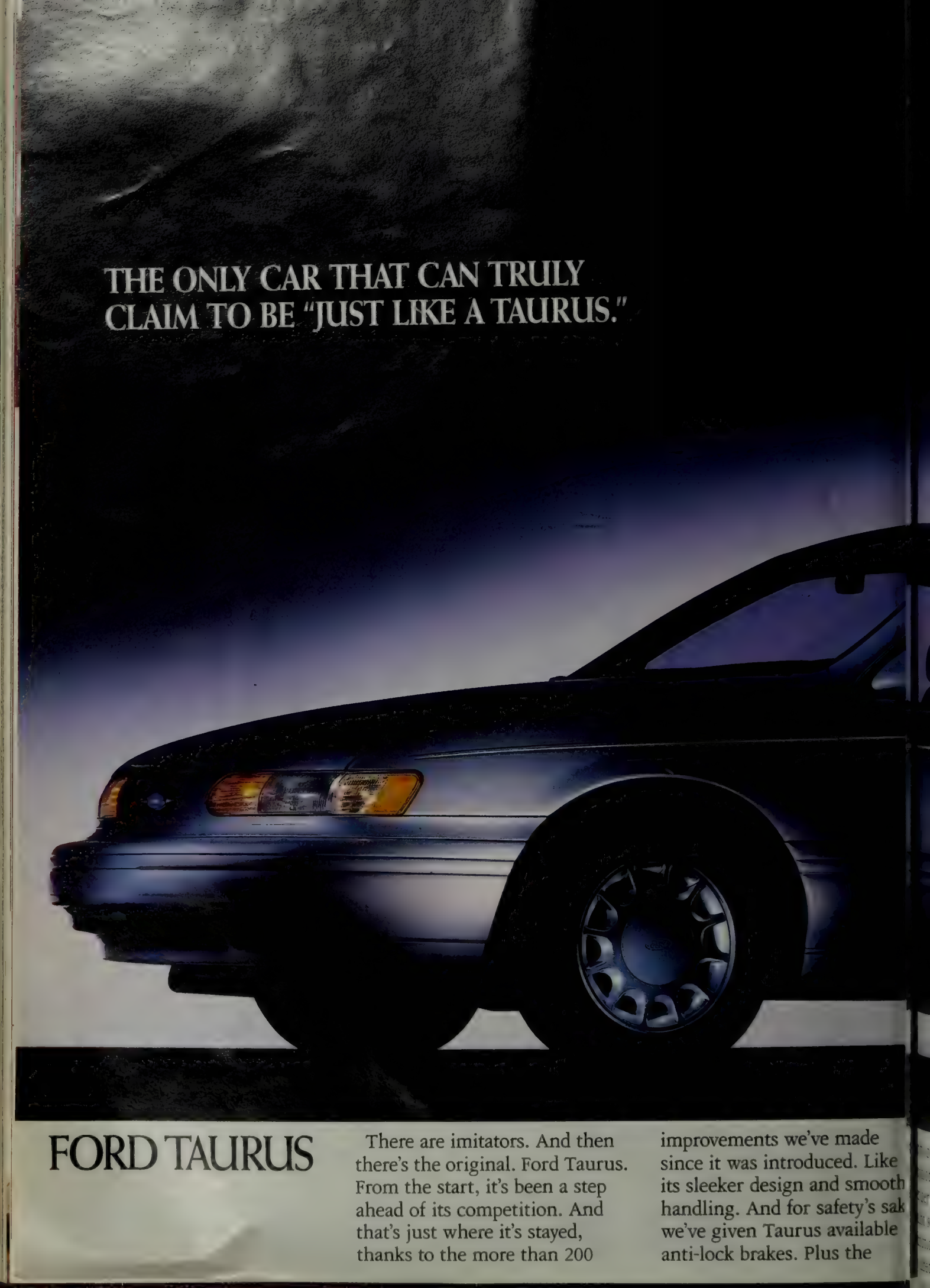


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EDITOR'S LETTER

FEBRUARY 1993



JIM HEEMSTRA

FAMILY FORUM: A VOICE FOR ALL OUR FAMILIES

Dear Readers,

During the recent presidential election campaign, we heard a lot about family values and family issues from both sides of the political fence. Now that we have a new president and new Congress, the time has come to see how our newly elected officials will act on their promises.

Plenty of promises were made to a great many special interest groups too. Our great country is nothing if not diverse, and already, many voices are loudly calling out their wants and needs to the new administration. In this cacophony, I hope our leaders won't forget their commitments to American families.

Worries about our national debt, the creation of jobs, health-care reform, and dozens of other immediate concerns are certainly linked to the success and happiness of all our families. However, my more-than-half-century of life in this country has taught me that far too often the links between national problems and family somehow get bent out of shape. Lobbyists, PACs, defense, big business, and others seem to squeeze into line ahead of us and our families with convincing arguments that their agendas have to come first.

We'd like to do something about that. Beginning in this issue, we're starting a new feature called *Family Forum*, *page 39*. Its purpose is to give you and yours, the mainstream families of our country, a louder voice in telling our government and American business what you want. And why not? Our families constitute the most important special interest group of all. This month, you can answer our short questionnaire about the major, broad-stroke issues that most affect your families. I promise that the results of this survey will go directly to President Clinton and Congress.

In later issues, we'll inform you of upcoming legislation of concern to families and ask you for your opinions. We'll use the *Family Forum* to have discussions with experts on family problems and to publish thoughtful letters from the *best* experts on families—you, our readers.

We'll also tell you of businesses that provide their family employees with innovative benefit programs, and point out other enlightened practices, in our own country and abroad, that are helpful to families. And, I promise you, we'll spare no effort to bring what we learn to the attention of government and business leaders.

The problems American families face are as complex and diverse as our families themselves, but we hope, through our *Family Forum*, we can help our leaders sort out what counts most to most of you. In giving voice to your needs, we want to maintain the focus of business and government on the true source of strength for the future of our nation—our families.

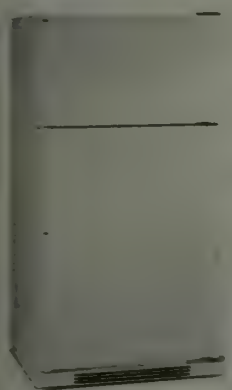
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David Jordan, Editor in Chief

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"I know I should quit."



"Don't tell me why, tell me how."

You don't need lectures, you need help. Well, w there's a revolutionary product that can tually help relieve the body's craving for cotine, when used as part of a comprehensive havioral smoking-cessation program.

Nicoderm is a small, thin 24-hour patch that es on your upper body and delivers a continuous w of nicotine through your skin. Nicoderm s been clinically proven to help relieve the thdrawal symptoms that usually come with itting.

In addition to a comprehensive behavioral oking-cessation program, your doctor can also ovide a free Nicoderm Committed Quitter's ok containing strategies for outwitting—d outlasting—your habit.

The Nicoderm patch is available only with a escription. Why not ask your doctor about it? er just 10 weeks of Nicoderm therapy you could on your way to a new nonsmoking life-style.

Nicoderm is indicated as an aid to smoking ssation for the relief of nicotine withdrawal symptoms. It should be used as part of a comprehensive behavioral smoking-cessation program. You should stop smoking completely before using Nicoderm and not use any other nicotine-containing products during treatment. Nicoderm should not be used for more than 3 months. If you are pregnant or nursing, you should discuss other ways to stop smoking with your doctor. Because Nicoderm, like cigarettes, contains nicotine, it could harm your baby. Marion Merrell Dow does not recommend use of Nicoderm in pregnant women.

If you have cardiovascular disease, discuss other ways to stop smoking with your doctor. If you are taking any prescription medicines or are under a doctor's care for any condition, you should discuss the potential risk of using Nicoderm with your doctor.

There may be other risks associated with the use of Nicoderm. Please see adjacent page for additional important information.

Ask Your Doctor About the Nicoderm Patch.

NICODERM®

[nicotine transdermal system]



© 1992, Marion Merrell Dow Inc.

Patch shown at 62% of actual size.

NIDAJ752/B0694 8110R2

Brief Summary of
Prescribing Information as of January 1992

NICODERM®
(nicotine transdermal system)

Systemic delivery of 21, 14, or 7 mg/day over 24 hours

Caution: Federal law prohibits dispensing without prescription.

DESCRIPTION

NICODERM is a transdermal system that provides systemic delivery of nicotine for 24 hours following its application to intact skin.

The NICODERM system is a multilayered rectangular film containing nicotine as the active agent. For the three doses the composition per unit area is identical. Proceeding from the visible surface toward the surface attached to the skin are (1) an occlusive backing (polyethylene/aluminum/polyester/ethylene-vinyl acetate copolymer), (2) a drug reservoir containing nicotine (in an ethylene-vinyl acetate copolymer matrix); (3) a rate-controlling membrane (polyethylene); (4) a polyisobutylene adhesive; and (5) a protective liner that covers the adhesive layer and must be removed before application to the skin.

INDICATIONS AND USAGE

NICODERM treatment is indicated as an aid to smoking cessation for the relief of nicotine withdrawal symptoms. NICODERM treatment should be used as part of a comprehensive behavioral smoking-cessation program.

The use of NICODERM systems for longer than 3 months has not been studied.

CONTRAINDICATIONS

Use of NICODERM systems is contraindicated in patients with hypersensitivity or allergy to nicotine or to any of the components of the therapeutic system.

WARNINGS

Nicotine from any source can be toxic and addictive. Smoking causes lung cancer, heart disease, and emphysema and may adversely affect the fetus and the pregnant woman. For any smoker, with or without concomitant disease or pregnancy, the risk of nicotine replacement in a smoking-cessation program should be weighed against the hazard of continued smoking while using NICODERM systems and the likelihood of achieving cessation of smoking without nicotine replacement.

Pregnancy Warning

Tobacco smoke, which has been shown to be harmful to the fetus, contains nicotine, hydrogen cyanide, and carbon monoxide. Nicotine has been shown in animal studies to cause fetal harm. It is therefore presumed that NICODERM systems can cause fetal harm when administered to a pregnant woman. The effect of nicotine delivery by NICODERM systems has not been examined in pregnancy (see PRECAUTIONS).

Therefore pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches. If NICODERM systems are used during pregnancy, or if the patient becomes pregnant while using NICODERM systems, the patient should be apprised of the potential hazard to the fetus.

Safety Note Concerning Children

The amounts of nicotine that are tolerated by adult smokers can produce symptoms of poisoning and could prove fatal if the NICODERM system is applied or ingested by children or pets. Used 21 mg/day systems contain about 73% (83 mg) of their initial drug content. Therefore, patients should be cautioned to keep both the used and unused NICODERM systems out of the reach of children and pets.

PRECAUTIONS

The patient should be urged to stop smoking completely when initiating NICODERM therapy (see DOSAGE AND ADMINISTRATION). Patients should be informed that if they continue to smoke while using NICODERM systems, they may experience adverse effects due to peak nicotine levels higher than those experienced from smoking alone. If there is a clinically significant increase in cardiovascular or other effects attributable to nicotine, the NICODERM dose should be reduced or NICODERM treatment discontinued (see WARNINGS). Physicians should anticipate that concomitant medications may need dosage adjustment (see Drug Interactions).

The use of NICODERM systems beyond 3 months by patients who stop smoking should be discouraged, because the chronic consumption of nicotine by any route can be harmful and addicting.

Allergic Reactions

In a 6-week, open-label, dermal irritation and sensitization study of NICODERM systems, 7 of 230 patients exhibited definite erythema at 24 hours after application. Upon rechallenge, 4 patients exhibited mild to moderate contact allergy. Patients with contact sensitization should be cautioned that a serious reaction could occur from exposure to other nicotine-containing products or smoking. In the efficacy trials, erythema following system removal was typically seen in about 14% of patients, some edema in 3%, and dropouts due to skin reactions occurred in 2% of patients.

Patients should be instructed to promptly discontinue the use of NICODERM systems and contact their physicians, if they experience severe or persistent local skin reactions (eg, severe erythema, pruritus, or edema) at the site of application or a generalized skin reaction (eg, urticaria, hives, or generalized rash).

Patients using NICODERM therapy concurrently with other transdermal products may exhibit local reactions at both application sites. Reactions were seen in 2 of 7 patients using concomitant Estraderm® (estradiol transdermal system) in clinical trials. In such patients, use of one or both systems may have to be discontinued.

Skin Disease

NICODERM systems are usually well tolerated by patients with normal skin, but may be irritating for patients with some skin disorders (atopic or eczematous dermatitis).

Cardiovascular or Peripheral Vascular Diseases

The risks of nicotine replacement in patients with certain cardiovascular and peripheral vascular diseases should be weighed against the benefits of including nicotine replacement in a smoking-cessation program for them. Specifically, patients with coronary heart disease (history of myocardial infarction and/or angina pectoris), serious cardiac arrhythmias, or vasospastic diseases (Buerger's disease, Prinzmetal's variant angina) should be carefully screened and evaluated before nicotine replacement is prescribed.

Tachycardia occurring in association with the use of NICODERM therapy was reported occasionally. If serious cardiovascular symptoms occur with the use of NICODERM therapy, it should be discontinued.

NICODERM therapy was as well tolerated as placebo in a controlled trial in patients with coronary artery disease (see CLINICAL STUDIES). One patient on NICODERM 21mg/day, two on NICODERM 14 mg/day, and eight on placebo discontinued treatment due to adverse events.

NICODERM therapy did not affect angina frequency or the appearance of arrhythmias on Holter monitoring in these patients.

NICODERM therapy generally should not be used in patients during the immediate post-myocardial infarction period, patients with serious arrhythmias, and patients with severe or worsening angina pectoris.

Renal or Hepatic Insufficiency

The pharmacokinetics of nicotine have not been studied in the elderly or in patients with renal or hepatic impairment. However, given that nicotine is extensively metabolized and that its total system clearance is dependent on liver blood flow, some influence of hepatic impairment on drug kinetics (reduced clearance) should be anticipated. Only severe renal impairment would be expected to affect the clearance of nicotine or its metabolites from the circulation (see Pharmacokinetics).

Endocrine Diseases

NICODERM therapy should be used with caution in patients with hyperthyroidism, pheochromocytoma, or insulin-dependent diabetes, since nicotine causes the release of catecholamines by the adrenal medulla.

Peptic Ulcer Disease

Nicotine delays healing in peptic ulcer disease; therefore, NICODERM therapy should be used with caution in patients with active peptic ulcers and only when the benefits of including nicotine replacement in a smoking-cessation program outweigh the risks.

Accelerated Hypertension

Nicotine therapy constitutes a risk factor for development of malignant hypertension in patients with accelerated hypertension; therefore, NICODERM therapy should be used with caution in these patients and only when the benefits of including nicotine replacement in a smoking-cessation program outweigh the risks.

Information for Patient

A patient instruction booklet is included in the package of NICODERM systems dispensed to the patient. The instruction sheet contains important information and instructions on how to properly use and dispose of NICODERM systems. Patients should be encouraged to ask questions of the physician and pharmacist. Patients must be advised to keep both used and unused systems out of the reach of children and pets.

Drug Interactions

Smoking cessation, with or without nicotine replacement, may alter the pharmacokinetics of certain concomitant medications.

May Require a Decrease in Dose at Cessation of Smoking	Possible Mechanism
acetaminophen, caffeine, imipramine, oxazepam, pentazocine, propranolol, theophylline	Deinduction of hepatic enzymes on smoking cessation.
insulin	Increase in subcutaneous insulin absorption with smoking cessation.
adrenergic antagonists (eg, prazosin, labetalol)	Decrease in circulating catecholamines with smoking cessation.
May Require an Increase in Dose at Cessation of Smoking	**Possible Mechanism**
adrenergic agonists (eg, isoproterenol, phenylephrine)	Decrease in circulating catecholamines with smoking cessation.

Carcinogenesis, Mutagenesis, Impairment of Fertility

Nicotine itself does not appear to be a carcinogen in laboratory animals. However, nicotine and its metabolites increased the incidences of tumors in the cheek pouches of hamsters and forestomach of F344 rats, respectively, when given in combination with tumor initiators. One study, which could not be replicated, suggested that cotinine, the primary metabolite of nicotine, may cause lymphoreticular sarcoma in the large intestine in rats.

Nicotine and cotinine were not mutagenic in the Ames *Salmonella* test. Nicotine induced repairable DNA damage in an *E. coli* test system. Nicotine was shown to be genotoxic in a test system using Chinese hamster ovary cells. In rats and rabbits, implantation can be delayed or inhibited by a reduction in DNA synthesis that appears to be caused by nicotine. Studies have shown a decrease in litter size in rats treated with nicotine during gestation.

Pregnancy

Pregnancy Category D (see WARNINGS).

The harmful effects of cigarette smoking on maternal and fetal health are clearly established. These include low birth weight, increased risk of spontaneous abortion, and increased perinatal mortality. The specific effects of NICODERM therapy on fetal development are unknown. Therefore pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches.

Spontaneous abortion during nicotine replacement therapy has been reported; as with smoking, nicotine as a contributing factor cannot be excluded.

NICODERM therapy should be used during pregnancy only if the likelihood of smoking cessation justifies the potential risk of use of nicotine replacement by the patient who may continue to smoke.

Teratogenicity

Animal Studies: Nicotine was shown to produce skeletal abnormalities in the offspring of mice when given doses toxic to the dams (25 mg/kg IP or SC).

Human Studies: Nicotine teratogenicity has not been studied in humans except as a component of cigarette smoke (each cigarette smoked delivers about 1 mg of nicotine). It has not been possible to conclude whether cigarette smoking is teratogenic to humans.

Other Effects

Animal Studies: A nicotine bolus (up to 2 mg/kg) to pregnant rhesus monkeys caused acidosis, hypercarbia, and hypotension (fetal and maternal concentrations were about 20 times those achieved after smoking 1 cigarette in 5 minutes). Fetal breathing movements were reduced in the fetal lamb after intravenous injection of 0.25 mg/kg nicotine to the ewe (equivalent to smoking 1 cigarette every 20 seconds for 5 minutes). Uterine blood flow was reduced about 30% after infusion of 0.1 mg/kg/min nicotine for 20 minutes to pregnant rhesus monkeys (equivalent to smoking about 6 cigarettes every minute for 20 minutes).

Human Experience: Cigarette smoking during pregnancy is associated with an increased risk of spontaneous abortion, low birth weight infants, and perinatal mortality. Nicotine and carbon monoxide are considered the most likely mediators of these outcomes. The effect of cigarette smoking on fetal cardiovascular parameters has been studied near term. Cigarettes increased fetal aortic blood flow and heart rate and decreased uterine blood flow and fetal breathing movements. NICODERM therapy has not been studied in pregnant humans.

Labor and Delivery

The NICODERM system is not recommended to be left on during labor and delivery. The effects of nicotine on a mother or the fetus during labor are unknown.

Use in Nursing Mothers

Caution should be exercised when NICODERM therapy is administered to nursing women. The safety of NICODERM therapy in nursing infants has not been examined. Nicotine passes freely into breast milk; the milk to plasma ratio averages 2.9. Nicotine is absorbed orally. An infant has the ability to clear nicotine by hepatic first-pass clearance; however, the efficiency of removal is probably lowest at birth. The nicotine concentrations in milk can be expected to be lower with NICODERM therapy, when used as directed, than with cigarette smoking, as maternal plasma nicotine concentrations are generally reduced with nicotine replacement. The risk of exposure of the infant to nicotine from NICODERM therapy should be weighed against the risks associated with the infant's exposure to nicotine from continued smoking by the mother (passive smoke exposure and contamination of breast milk with other components of tobacco smoke) and from NICODERM therapy alone or in combination with continued smoking.

Pediatric Use

NICODERM therapy is not recommended for use in children, because the safety and effectiveness of NICODERM therapy in children and adolescents who smoke have not been evaluated.

Geriatric Use

Fifty-six patients over the age of 60 participated in clinical trials of NICODERM therapy. NICODERM therapy appeared to be as effective in this age group as in younger smokers. However, asthenia, various body aches, and dizziness occurred slightly more often in patients over 60 years of age.

ADVERSE REACTIONS

Assessment of adverse events in the 1,131 patients who participated in controlled clinical trials is complicated by the occurrence of GI and CNS effects of nicotine withdrawal as well as nicotine excess. The actual incidences of both are confounded by concurrent smoking by many of the patients. When reporting adverse events during the trials, the investigators did not attempt to identify the cause of the symptom.

Topical Adverse Events

The most common adverse event associated with topical nicotine is a short-lived erythema, pruritus, and/or burning at the application site, which was seen at least once in 47% of patients on the NICODERM system in the clinical trials. Local erythema after system removal was noted at least once in 14% of patients and local edema in 3%. Erythema generally resolved within 24 hours. Cutaneous hypersensitivity (contact sensitization) occurred in 2% of patients on NICODERM systems (see PRECAUTIONS, Allergic Reactions).

Probably Causally Related

The following adverse events were reported more frequently in NICODERM-treated patients than in placebo-treated patients or exhibited a dose response in clinical trials.

Digestive System: Diarrhea*, dyspepsia*
Mouth/Tooth Disorders: Dry mouth†
Musculoskeletal System: Arthralgia†, myalgia*
Nervous System: Abnormal dreams*, insomnia (23%), nervousness*
Skin and Appendages: Sweating†

Frequencies for 21 mg/day system
* Reported in 3% to 9% of patients
† Reported in 1% to 3% of patients
Unmarked if reported in <1% of patients

Causal Relationship UNKNOWN

Adverse events reported in NICODERM- and placebo-treated patients at about the same frequency in clinical trials are listed below. The clinical significance of the association between NICODERM systems and these events is unknown, but they are reported as alerting information for the clinician.

Body as a Whole: Asthenia*, back pain*, chest pain†, pain*
Digestive System: Abdominal pain†, constipation*, nausea*, vomiting†
Nervous System: Dizziness*, headache (29%), paresthesia†
Respiratory System: Cough increased*, pharyngitis*, sinusitis†
Skin and Appendages: Rash*
Special Senses: Taste perversion*
Urogenital System: Dysmenorrhea*

Frequencies for 21 mg/day systems
* Reported in 3% to 9% of patients
† Reported in 1% to 3% of patients
Unmarked if reported in <1% of patients

DRUG ABUSE AND DEPENDENCE/TREATMENT OF OVERDOSE

For further information, please see Full Prescribing Information.

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Kansas City, MO 64114

Prescribing Information as of January 1992

nidb0192c




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Azalea

Spring-blooming azaleas (*Rhododendron* sp.) stage a grand entrance to this garden by flanking a Victorian-style arbor. While these tall species tower above the trellis, shorter, more-compact hybrids belong in foundation plantings or borders. Azaleas require full sun and a well-drained, acid soil.

Glorious Color

with flowering shrubs

Blossoms are just a bonus when you consider the year-round rewards of landscaping with flowering shrubs. Spotlighted alone or combined with other plantings, these dependable bloomers will brighten the bare spots in your yard without demanding the care that many flowers do. Look beyond the blooms and you'll see how effectively shrubs soften foundations and screen lot lines. After their brilliant opening acts, many shrubs offer autumn encores of colorful foliage or berries. This spring, consider planting one of our favorite flowering shrubs.

BY JANE AUSTIN MCKEON



Snowball Viburnum

The giant, softball-size blooms of snowball viburnum (*Viburnum opulus* 'Roseum') weigh down branches like the beautiful burden of a heavy spring snow. This 6- to 10-foot-tall shrub belongs in a border near the house, where its sweet fragrance can drift indoors. Low-growing forget-me-nots underscore the spectacle (*left*) with a carpet of tiny blooms. Prune snowball viburnum after it finishes flowering.

Bridal-Wreath Spirea

Tiny white blooms smother bridal-wreath spirea (*Spiraea prunifolia*) each spring. In autumn, foliage turns a fiery orange and red. To heighten the drama, combine this 5- to 8-foot-tall shrub with other early bloomers, such as rhododendron and flowering crab (*right*). Avoid forfeiting flowers (which form on the previous season's growth) by pruning bridal-wreath spirea after it blooms.





Forsythia

Spring officially arrives when forsythia (*Forsythia x intermedia*) blooms. For best effect, mass a few of these precocious performers in front of tall evergreens. Leave branches unmanicured (instead of clipping them into a formal hedge) to display the sprays of yellow blossoms. Because temperatures that drop below minus 10 degrees will kill dormant flower buds, try growing Meadowlark (a cold-tolerant hybrid) if you live in the North. Prune old wood after flowers fade.

Buying information, page 124.

Glorious Color

Glorious

Color



Weigela

New, scaled-down hybrids of the old-fashioned weigela (*Weigela florida*) squeeze beautifully into today's smaller yards. Growing to a height of just 5 or 6 feet, weigela (*right*) is as much at home at the back of a perennial border as it is mingled with other shrubs. Tubular flowers of white, pink, or red appear in late spring. These blooms form on the previous year's growth, so it's important to put off pruning until summer to avoid sacrificing the show. Some varieties blossom again in the fall, when the foliage turns to bronze.

Miss Kim Lilac

A compact cousin of the popular French lilac, 4- to 5-foot-tall Miss Kim lilac (*Syringa patula* 'Miss Kim') perfumes the air in late spring. The 3-inch-long flower clusters open purple, then fade to almost white. Miss Kim (*above*) prefers sun, but it's undaunted by the dappled light under trees. Because lilacs bloom on new wood, prune before growth begins.

Japanese Kerria

Most shrubs fail to flower in the shade, but the Japanese kerria (*Kerria japonica*) is one golden exception to the rule. This dependable bloomer performs best when it's sheltered from direct sunlight. Each spring, the 4- to 6-foot-tall shrub displays 1- to 2-inch yellow blossoms that resemble tiny chrysanthemums. To keep kerria in top form, thin out old or unwanted branches after the flowers begin to fade.

Buying information, page 124.





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Florious

Color



Potentilla

Buttercup-like blossoms cover the potentilla (*Potentilla fruticosa*) almost all summer long. Tolerant of dry soil, this 1- to 4-foot-tall, sun-loving shrub hugs the ground, holding slopes in place.



Double file Viburnum

The horizontal branching of double file viburnum (*Viburnum plicatum* 'Mariesii') is attractive anytime of the year, but showy white blooms stage a big sensation every spring.

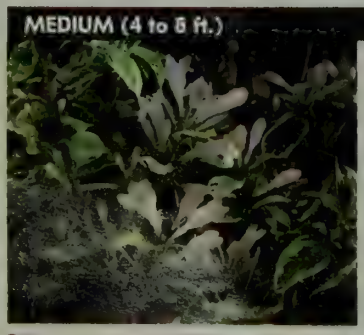
LOW (Under 4 ft.)



Froebel Spirea

SPRING	SUMMER
Ceanothus ovatus	Purple beautyberry (*Callicarpa dichotoma*)
Japanese quince (*Chaenomeles japonica*)	Scotch heather (*Calluna vulgaris*)
Cotoneaster sp.	Smooth hydrangea (*Hydrangea arborescens*)
Daphne	St. Johnswort (*Hypericum sp.*)
Azalea (*Rhododendron sp.*)	Potentilla
	Froebel spirea (*Spiraea x bumalda* 'Froebelii')

MEDIUM (4 to 8 ft.)



Variegated Weigela

SPRING	SUMMER
Barberry (*Berberis sp.*)	Oakleaf hydrangea (*H. quercifolia*)
Deutzia	Bigleaf hydrangea (*H. macrophylla*)
Dwarf flowering almond (*Prunus glandulosa*)	*Rosa rugosa*
Japanese kerria (*Kerria japonica*)	
Dwarf Korean lilac (*Syringa meyeri* 'Palibin')	
Rhododendron sp.	
Spiraea sp.	
Weigela florida	

TALL (More than 8 ft.)



French Lilac

SPRING	SUMMER
Flowering quince (*Chaenomeles speciosa*)	Bottlebrush buckeye (*Aesculus parviflora*)
Lilac (*Syringa vulgaris*)	*Buddleia davidii*
Cornelian cherry (*Cornus mas*)	Rose-of-sharon (*Hibiscus syriacus*)
Beautybush (*Kolkwitzia amabilis*)	Elderberry (*Sambucus canadensis*)
Forsythia	Panicle hydrangea (*H. paniculata*)

For fall color: heath (*Erica x darleyensis*), witch hazel (*Hamamelis virginiana*), or euonymus (*Euonymus alata*).

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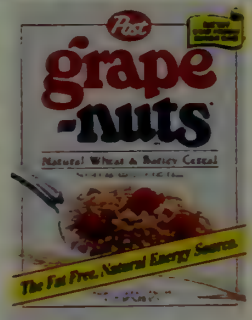
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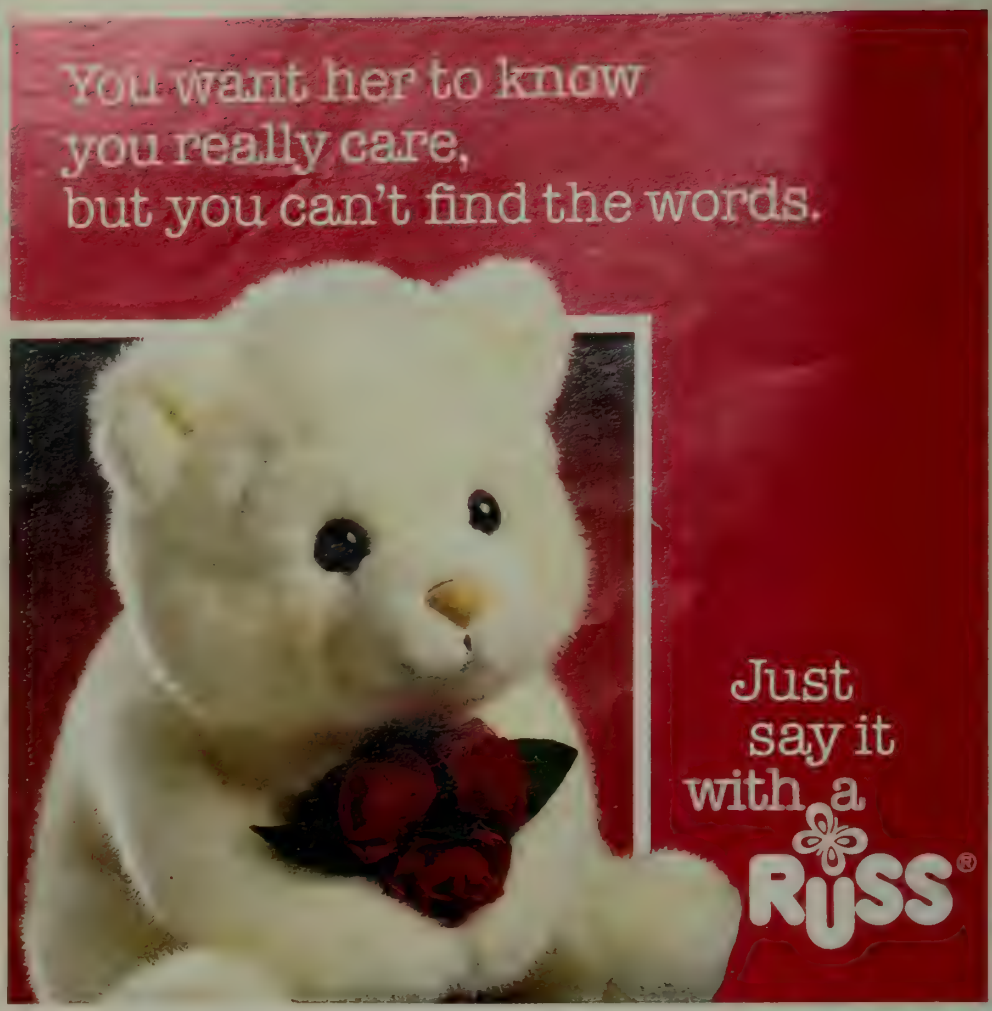
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READERS' SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

HERE COMES THE BRIDE

Family Network *was inundated with responses to Agnes Hall's November 1992 letter, "Bridal Brainstorm." Agnes is seeking ideas on ways to defray the cost of a wedding. Here's one reader's list of suggestions:*

- Plan the wedding around a holiday so the church is already decorated.
- Keep the wedding party small. A matron of honor and one or two bridesmaids make a nice wedding.
- Have an informal rehearsal dinner.
- Plan a nonalcoholic reception.
- Hire a deejay instead of a band.
- Have the wedding early or late in the day so you can serve finger food instead of a meal.
- Rent the reception hall from the church or a civic group.
- Let the wedding party decorate the reception hall.
- Contact a cake decorating school or group to make the wedding cake.
- Have your church organist or a family member play the music at the wedding.

Donna C. Ray
Ruther Glen, Va.

CHARITY DOUBLE-CHECK

Here are two responses to Cathleen Wehr's November 1992 letter about checking out a charity:

A great way to find out about charities is to contact the National Charities Information Bureau, a nonprofit agency. The NCIB publishes a "Wise-Giving Guide" that lists evaluations of national charities. To receive a free copy of the guide, write to: National Charities Information Bureau, Dept. 225, 19 Union Square West, New York, NY 10003-3395.

Lorri Hirst
St. Louis, Mo.

Generally, a charitable organization must be registered with the state consumer protection agency in order to solicit contributions. Whether you are solicited over the phone or at the door, ask the solicitor what the permit number is and what percentage of the donation actually goes to the charity. If a solicitor cannot answer these questions, it's probably better to keep your money.

Jan Western
Salt Lake City, Utah

ALL IN THE FAMILY

In the December 1992 issue, Prudence Shackleton asked to hear from someone who lives in a mother-in-law suite. When my husband and I retired, our daughter and her family built an addition for us, and we loved it. Our motto was, "They share their home, not their lives." Now that I'm a widow, I especially like knowing someone's there when I come home. This has been an ideal arrangement for me.

Alberta Katz
Somerville, N.J.

DELINQUENT TEENAGER

Here's a reply to the November 199 "Home Wrecker" letter. The author o the letter, who wished to remain anony mous, solicited advice on how to handl her out-of-control teenage son.

I urge you to find a support grou immediately! Groups such as "Toug Love" and "Families Anonymous will help you recognize that your son' problems are not *your* problems. The will lend the moral support necessar to define rules of conduct your so must observe in your home.

Gloria J. Oliv
Liverpool, N.

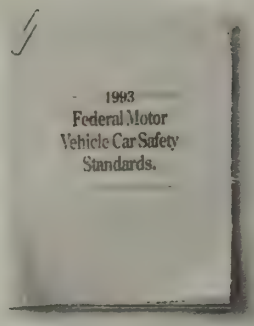
WRITE TO US

Family Network welcomes letters describing how you solved a problem involving your family or your community, or letters asking for help with a problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Bette Homes and Gardens*®. We will pay $5 for each letter published.

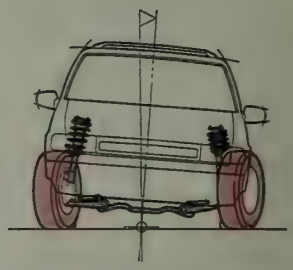
You hold your child's hand when she crosses the street, you won't let her climb to the top of the jungle gym and you make her wear a life preserver in the kiddie pool.



Have we got a minivan for you.



*Think of us as very over-protective parents. The Nissan® Quest™ is one of the few minivans to meet 1993 Federal passenger-car safety standards.**



We took a very level-headed approach to safety. A front stabilizer bar helps keep the Nissan Que level during cornering or lane changes.

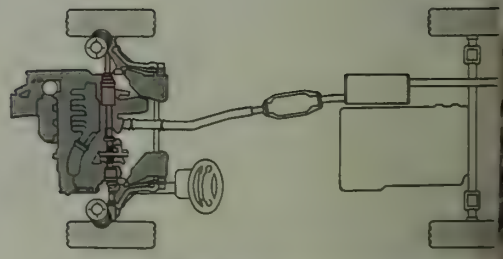




Front cornering lamps provide added side-view illumination when turning at night.

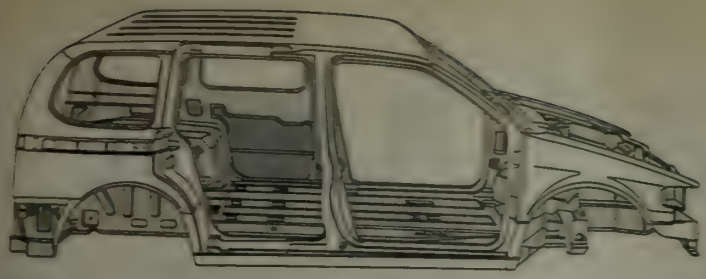


At Nissan we believe the more durable a car is, the safer it is. For instance, to test its durability, the Quest logged nearly one million miles.



By placing the engine weight over the drive wheels, our sophisticated front-wheel drive provides added traction.

*Nissan Motor Corporation in U.S.A. Smart people always read the fine print. And they always wear their seat belts. *Except models with privacy glass.*

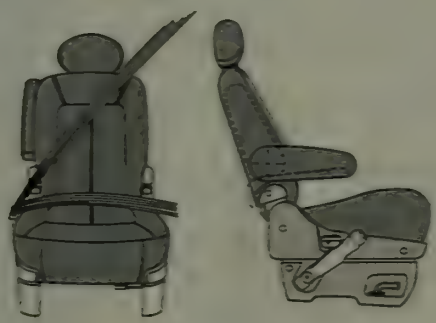


Did we mention the Nissan Quest comes with its own body guards? Steel side door guard beams provide added protection in case of a side impact. And pillar/roof reinforcements increase body rigidity.



When it comes to braking we didn't stop with our power-assisted brakes. An optional 4-wheel anti-lock braking system is also available.

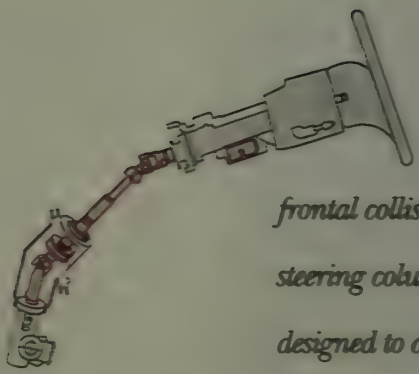




To us concerns about safety are automatic, which is why we've included front automatic motorized shoulder belts. And 3-point seat belts are found in outside positions in second and third row seats.



l safety lock has isely included on ding side door.



A few items on the Nissan Quest are actually designed to break down. In a frontal collision, the steering column is designed to collapse to help prevent it from intruding into the passenger compartment.

The New Nissan

Quest

It's time to expect more from a minivan.

Drive a Quest by remote contro



All you need to drive the new *Nissan Quest* minivan is a VCR.

Return the coupon or call 1-800-NISSAN-3 and we'll send you Quest Drive. An exciting driving experience on videotape featuring remarkable innovations your whole family will enjoy. Free.

But, hurry. These tapes may go faster than the minivan itself.

The New Nissan Quest

NISSAN

It's time to expect more from a minivan.

1-800-NISSAN-3, ext. 103



Yes. Please send me a free Quest Drive videotape.

Name

Address

City/State/Zip

( )

Phone

We have (number) ____ vehic
They are (make, model, year):

The vehicles I am considering include (make, model, year):

For additional information, pl call 1-800-NISSAN-3, ext. 103.

Quest Drive, c/o PCCI
P.O. Box 91-1190
Commerce, CA 90091-1190

NEW WAYS TO LEARN
Modern teaching concepts shake up America's classrooms



Checked out your child's elementary classroom lately? If not, get ready for an eye-opener. Students don't sit passively at their desks anymore. They dart around, ask questions, and work in groups—sometimes with children several years their junior or senior. They use everyday objects such as Popsicle sticks to solve math problems. They cozy up to computers that encourage their success and coach them through failure.

Your school may not include these ideas yet, but it could soon. Here's a closer look at promising new teaching practices, and how they'll affect your child's education.

Nongraded classes. After kindergarten comes first grade, right? Not always. Some schools are forsaking classrooms organized by grades in favor of nongraded classrooms. Your child might end up in a class that combines first and second graders, or even a class that includes first, second, *and* third graders.

Support for nongraded classes, also called mixed-age grouping, comes from research on how children learn. Studies show that not all kids can process the same material at the same rate. For example, your child might read well, yet have trouble with math. Or vice versa. Mixing your child with older and younger kids provides a chance to work with students of similar ability.

The advantages don't stop there. Children and their teachers get to know each other better after spending several years together. Kids who don't measure up in a given subject area get another shot at it the next year instead of being held back. Younger kids learn from the older ones, while older kids learn by teaching the younger ones. What's more, nongraded classrooms allow for plenty of small-group instruction and individual attention.

"Putting children in grades is unnatural and unrealistic," says Robert H. Anderson, Ph.D., coauthor with Barbara Nelson Pavan of *Nongradedness: Helping It to Happen* (Technomic, 1993). "We have an abundance of studies that say children in multiage classrooms learn more than kids in traditional classrooms—no matter what their ages."

Several major education associations also support nongraded classrooms. Still, not everyone favors the concept, especially since it requires the costly retraining of teachers.

Hands-on math. Most of us can remember sitting in a math class at one time or another thinking, "When in the world am I ever going to use this?" Mary Lindquist, president of the National Council of Teachers of Mathematics, recalls such thoughts. And she's a math whiz.

Experts such as Lindquist recognize that there are more powerful ways that American children can learn math. "Rote memorization is not preparing our children for the future. Kids need to use and understand math," she says.

To make that happen, the teachers' council recently introduced new math standards, now adopted by 41 states. The standards minimize drill and practice questions in favor of problems that put kids' thinking skills to the test. For your child, the goal shifts from getting the right answer to understanding the process behind getting that answer.

Math manipulatives—simple everyday objects that kids can count, combine, subtract, or divide—are one of the methods being used in many classrooms. Lindquist says anything that turns math into a picture for students helps their understanding.

For instance, Lindquist recently visited a first-grade class in Wisconsin. As the teacher collected lunch money from her 20 students, she discovered that eight students had brought their lunches. So she posed a question to the class: How many didn't bring their lunches?

"Some got out blocks, some got out toy figures, some used number lines, some used their fingers, and some just thought through it," says Lindquist. "There were 10 or 12 different solutions, and each child wanted to explain his or her way." In the past, this class would write 20 minus 8 on a piece of paper and use straight arithmetic to get an answer."

continued on page 36

NEW WAYS TO LEARN

continued from page 35

"They would have focused on a procedure rather than actual problem solving," says Lindquist.

Math educators want to see more of such examples—kids getting excited about solving a problem, many without even realizing they're doing math.

Not every school bought into the revised thinking about math instruction. "We still have a long way to go," says Lindquist. "But we're making progress." Meanwhile, don't be surprised if your child comes home from school and says that in math today they used blocks.

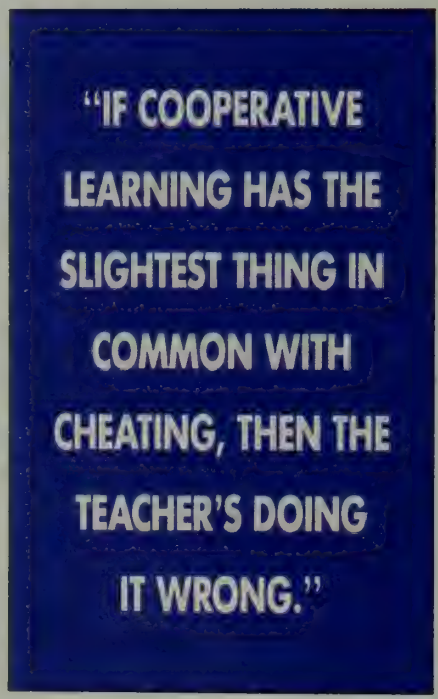
Cooperative learning. If you encounter a problem at work, you ask a coworker for an opinion. Is that cheating? No, it's cooperation. That's the theory behind what's happening in a growing number of classrooms.

Cooperative learning groups the kids together to review material first presented by the teacher. The group's goal: make sure everyone understands the information, says Robert Slavin, Ph.D., author of *Cooperative Learning: Theory, Research and Practice* (Allyn and Bacon, 1990).

Researchers such as Slavin say that kids who work in groups learn better than those who struggle on their own. "You get your peer group behind you, and once you've got that, then you're going to succeed," says Slavin.

Kids also teach one another. For instance, your child might translate the teacher's instructions into words that another student can better understand. In theory, your child also learns by having to explain the subject.

Some critics liken this to cheating. Slavin's reply: "If cooperative learning has the slightest thing in common with cheating, then the teacher's doing it wrong. Kids should study together, then be tested individually."



Advocates for very bright children also charge that cooperative learning exploits the class's brightest minds by putting them in the position of becoming assistant teachers.

In a national survey, 55 percent of school principals say their teachers use cooperative learning. Slavin predicts that percentage will increase. "Schools of education are teaching it, and most teachers have had good experiences with it."

Technology. American businesses know what they want from future employees: an ability to work with others, solve problems, read, and understand math.

At Silver Ridge Elementary School in Silverdale, Washington, they hope to turn out such workers. The school's secret weapon is technology.

There are 250 computers in the school, plus video cameras and televisions in every classroom.

"We're trying to create active learners—kids who can do a project, see a goal, and work with others toward that goal," says principal B. J. Wise. "Kids here can pull videos into reports. They do very complex things."

Many schools offer computers to their students, but Silver Ridge uses state-of-the-art software. For example, companies such as Jostens Learning, IBM, and New Century offer "integrated learning systems" that enable computers to answer children, produce color graphs and charts, and help teachers keep better track of student progress.

Children can now sit down to computers that will read stories back to them, help them track down information in computer-stored encyclopedias, and signal the teacher when help is needed.

"Instructional technology is here to stay," says Mark D. Stevens, director of communications for Jostens Learning. "The amount of information in the world doubles twice every seven years. Technology will become the way to organize this information." Stevens says the state of Georgia is one of the first requiring schools to provide this kind of technology for students and predicts that others will follow.

Whole language. One of the latest, and most controversial, approaches to teaching reading and writing is called whole language.

"It means starting kids off with reading and writing, not bits and pieces of it," says Ken Goodman, Ph.D., professor of education at the University of Arizona and author of the best-selling *What's Whole In Whole Language* (Heineman, 1986).

Instead of drilling children on letter sounds and simple words, whole language teachers immerse students in real books and stories. Kids listen to books, make up stories, and invent spelling for words they don't know. The goal is to encourage kids to become avid readers and writers, with correct spelling developing as they read and write.

Opponents of whole language say children need phonics, first and foremost, to help them "decode" words. How? By teaching kids the sounds that letters represent, and how to blend those sounds.

Whole language proponents respond that their students develop phonics in the context of reading and writing. They say that children learn to read and write much in the same way that they learn to talk.

The debate about phonics versus whole language continues, yet some experts say that a combination of both methods serves children the best.

TRIBUTE TO GREAT TEACHERS

With all the interesting new ways to learn, teachers still have the greatest impact on what children learn at school. In honor of six outstanding educators, Campbell Soup is presenting "Portrait of a Teacher" on Lifetime Television at 8 p.m. on March 3. The show will be rebroadcast at 10 p.m. on March 6, 2 p.m. on March 10, and 2 p.m. on March 13. All times are eastern standard.

—Andrea Atkins, former education editor for Better Homes and Gardens® *magazine, is a writer in New York City.*

"How To Lose Weight... Without Going On A Diet"

By J. T. Cooper, M.D.

unique new weight-loss program has been discovered by a team of bariat- ysicians ... doctors who specialize in ng the severely obese. It was further oped and tested at clinics in Waycross Marietta, Georgia.

until now the program has been one of est-kept secrets in America. Because ***ly been available to doctors***. No one n fact, it's been used by 142 doctors in J.S. and Canada to help over 9,820 nts lose weight. So it's doctor tested. proven. This is the *first time* it's been able to the public.

e program is *totally different* from most ican "diet" plans.

different because it *lets you eat*. Good And lots of it.

fact, people on the program are actual- couraged to eat up to six times every

ey enjoy three regular meals. Plus or four snack meals. So they don't feel ry. They don't feel irritable.

st of all, they're *losing weight*.

sure you're wondering, "How can a n eat so much and still lose weight?"

e secret is not in the amount of food you t's in the *prescribed combination* of you eat during each 24-hour period. tionally dense portions of special fi- unrefined carbohydrates and certain ins that generate a calorie burning ss that continues all day long ... a lete 24-hour fat-reduction cycle. Me- sm is evened out, so fat is burned away nd the clock. Not just in unhealthy s like many diets. That's why it lets hed pounds so easily. Without hunger. out nervousness.

d it's all good wholesome food. No ge foods. You'll enjoy a variety of s, chicken, fish, vegetables, potatoes, , sauces — plus your favorite snacks. some light wine or beer if you wish.

There are other benefits too ...

- There are no pills. No amphetamines. No drugs of any kind.
- There are no powders. No chalky-tasting drinks to mix. No artificial foods of any kind.
- There's no strenuous exercise program.
- You don't count calories. Just follow the program. It's easy.
- You eat foods you enjoy. Great variety. Great taste.
- You can dine out.
- There's much less fluid retention.
- There's no ketosis. No bad breath odor.

But *here's* the best part ...

Once you lose the weight, you'll *keep it off*. Permanently!

Because the Clinic-30 Program lets you *continue your normal eating lifestyle*. You can snack in the afternoon. Snack before dinner. You can even snack at night while you're watching T.V.

Here are some *actual* comments from people who participated in the program ...

- Susan T. is a 29-year-old computer programmer. She went from 171 to 153 in just 52 days.

"I bring home a lot of stress and it makes me start gaining weight. But not this time. The weight's off and it's staying off. I've been slim for over a year now!"

- Stacy H. is a 35-year-old nurse who's only been on the program for 3½ weeks and lost 11 pounds.

"I'm so grateful for a program that allows me so much food and so many snacks. I've tried dozens of diets. But I was always hungry. Now I can even walk by the nurse's station (where they keep the donuts) without hesitation. Thank you."

- Reverend Donald F. is a 42-year-old minister who went from 227 to 179 in just four months.

"In spite of church suppers, I've lost almost 50 pounds in four months and I'm not having a rebound gain. Both my wife and I enjoy the meals greatly."

- Renate M. was a G.I. bride from Germany who went from 212 to 140.2 in 8½ months.

"I believe I was a participant in every weight-reducing plan there ever was. I failed at all of them. Then, about two years ago, I started the Clinic-30 Program. And I haven't regained a pound. Not one."

This is the first time the Clinic-30 Program has been available outside of a clinical setting. It's being distributed by Green Tree Press, Inc. in Erie, Pennsylvania.

We'll be happy to send you the complete program — including the full maintenance program — to examine for 35 days. Show it to your own doctor. Try it *yourself*. There's no obligation. In fact, we won't cash your check for 31 days. Feel free to postdate it 31 days in advance, if you wish.

Choose a day and start the program. If you don't begin losing weight within three days — and continue losing weight — we'll promptly return your ***original uncashed check***. No delays. No excuses.

Or keep it longer. Try it for a full year. Even then, if you're not continuing to lose weight on a regular basis, or maintaining the weight you've already lost, we'll send you a full refund. Promptly. And without question.

To receive the program, just send your name, address and postdated check for $12.95 (plus $3.00 shipping and handling) to The Clinic-30 Program, c/o Green Tree Press, Inc., Dept. 364, 3603 West 12th Street, Erie, PA 16505.

Green Tree Press is a member of the Erie, Pennsylvania Chamber of Commerce. Banking and business references are available upon request.

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I'm Officially Protesting My Boring Lunch
And I'm not gonna stop until I get Lunchables® with pudding.
Hey, Mom, get the easy lunch kids love, Lunchables® Brand Lunch Combinations from Oscar Mayer.® Their best meats, cheeses, crisp crackers, even dessert. Any protests will end peacefully with Lunchables®
Nothing But the Best.™
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Lunchables
DESSERT
JELL-O Chocolate Pudding
Lean® Honey Ham & American
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ANNOUNCING

THE BETTER HOMES AND GARDENS®

FAMILY FORUM

Here's Your Chance to Tell President Clinton and Congress What Matters Most to Your Family



You, the readers of *Better Homes and Gardens,* are the voices for mainstream American families. Answer the questions on these pages, and I promise you that we'll make your voices heard by our new president and Congress. And, watch for *Family Forum* in the months to come for more chances to tell our leaders in government and business what you want for your families.

David Jordan,
Editor in Chief





Here are seven questions about major issues facing our country and its families. In addition to marking your answers, please don't hesitate to expand your thoughts in a separate letter to us. Send your survey to:

BETTER HOMES AND GARDENS
FAMILY FORUM
P.O. Box 10607
Des Moines, IA 50336-0607

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1. BASIC PROBLEMS. What five social problems most immediately threaten the stability and future well-being of the American family? Rank five choices, in order of importance, 1 through 5:

11 ____ Budget deficit
12 ____ Child care
13 ____ College costs
14 ____ Crime/drugs
15 ____ Education quality
16 ____ Environment
17 ____ Elder care
18 ____ Housing affordability
19 ____ Unemployment
20 ____ Urban revitalization
21 ____ Other_____

2. BUDGET DEFICIT. Economists say the federal budget deficit hurts our standard of living. Which strategies for decreasing the deficit do you favor? (Check as many as you wish.)

22 ❑ Raise taxes on household incomes of more than $200,000 a year.
23 ❑ Raise taxes on household incomes of more than $75,000 a year.
24 ❑ Add a national sales tax.
25 ❑ Tax Social Security income fully for households making more than $100,000 a year on other income.
26 ❑ Limit the tax deduction for home mortgage interest, including primary and vacation homes, to a total mortgage debt of $500,000 or less.
27 ❑ Cut back on government services.
28 ❑ Raise taxes on tobacco and alcohol.
29 ❑ Raise taxes on gasoline.
30 ❑ None of the above.
31 ❑ Other_____

3. HOME OWNERSHIP. Rising home prices prevent many families from buying a home. Which of the following do you agree with? The government should: (Check all that apply.)

32 ❑ Provide tax incentives to first-time home buyers.
33 ❑ Provide subsidies to private companies to stimulate development of affordable housing.
34 ❑ Raise the loan limits on FHA home mortgages, which are less expensive than standard home loans.
35 ❑ The government should not offer special incentives for first-time home buyers.
36 ❑ Other_____

(continued above)

turn page for more questions

Better Homes and Gardens Family Forum Questionnaire

continued from previous page

4. **HEALTH-CARE COSTS. Health-care costs continue to rise. For many, job loss can mean no health-care coverage at all. In fact, an estimated 30 million Americans lacked health insurance for at least part of last year. Which of the following statements do you agree with? (Check all that apply.)**
   - 37 ❑ Everyone should have health insurance coverage, even if that means higher taxes.
   - 38 ❑ Everyone should have health insurance coverage, even if that means less individual choice about health-care services.
   - 39 ❑ Businesses should provide health insurance to all employees or contribute to a fund that would provide health insurance for everyone.
   - 40 ❑ We should not change the present health-care system.
   - 41 ❑ Other_____

5. **CHILD CARE. Finding child care that is both affordable and trustworthy is difficult for many families. Which statements do you agree with? (Check all that apply.)**
   - 42 ❑ Congress should provide greater tax breaks than it does today for child-care costs, even if that means increasing other taxes.
   - 43 ❑ The government should directly subsidize low-cost child-care programs, even if that means increasing other taxes.
   - 44 ❑ Employers should provide on-site child care.
   - 45 ❑ Employers should subsidize off-site care costs.
   - 46 ❑ Families should solve their own child-care problems.
   - 47 ❑ Other_____

6. **COLLEGE COSTS. To make college affordable for everyone, President Clinton has proposed increasing government loan funds. Repayments would be required through automatic payroll deductions (like taxes) once graduates are employed. Or, they could work off the loans through two years of community service. Which of the following do you agree with? (Check as many as apply.)**
   - 48 ❑ Automatic payroll deductions make sense for repaying college loans.
   - 49 ❑ Two years of community service is a good option for paying off college loans.
   - 50 ❑ Neither is a good idea. Students should pay off college loans by contract, just like any loan.
   - 51 ❑ There should be tax breaks on education loans taken out by students or their parents, even if that means increasing other taxes.
   - 52 ❑ Other_____

7. **ELDER CARE. Caring for older family members often places families under economic and emotional pressures. Which of the following do you favor? (Check all that apply.)**
   - 53 ❑ Extend Medicare to cover home health-care costs, even though that would raise Medicare taxes.
   - 54 ❑ Extend Medicare to cover custodial nursing-home costs, even though that would raise Medicare taxes.
   - 55 ❑ Encourage businesses to include long-term-care coverage as a fringe benefit, for which employees would contribute.
   - 56 ❑ Allow tax deductions or credits for long-term-care costs, including custodial care, not just direct medical expenses.
   - 57 ❑ Other_____

(continued above)

TELL US MORE ABOUT YOU:

Who filled out this questionnaire?
- 58-1 ❑ A man
- 58-2 ❑ A woman

Are you:
- 59-1 ❑ Under 25
- 59-2 ❑ 25-29
- 59-3 ❑ 30-34
- 59-4 ❑ 35-39
- 59-5 ❑ 40-44
- 59-6 ❑ 45-49
- 59-7 ❑ 50-54
- 59-8 ❑ 55-59
- 59-9 ❑ 60-64
- 60-1 ❑ 65 or older

How many people live in your household?
- 61 ____Adults (18 and over)
- 62 ____Children (17 and younger)

What is the highest level of formal education you have completed?
- 63-1 ❑ Some high school or less
- 63-2 ❑ High school graduate
- 63-3 ❑ Some college/business or trade school
- 63-4 ❑ College graduate
- 63-5 ❑ Postgraduate study
- 63-6 ❑ Postgraduate degree

Are you:

Self	Spouse	
64-1 ❑	65-1 ❑	Employed full-time
64-2 ❑	65-2 ❑	Employed part-time
64-3 ❑	65-3 ❑	Temporarily unemployed
64-4 ❑	65-4 ❑	Full-time homemaker
64-5 ❑	65-5 ❑	Full-time student
64-6 ❑	65-6 ❑	Retired

In what state do you currently reside?

_____

What is your zip code?_____

[OPTIONAL] What is your total annual household income, before taxes?
- 66-1 ❑ Under $20,000
- 66-2 ❑ $20,000-$29,999
- 66-3 ❑ $30,000-$39,999
- 66-4 ❑ $40,000-$49,999
- 66-5 ❑ $50,000-$59,999
- 66-6 ❑ $60,000-$69,999
- 66-7 ❑ $70,000-$79,999
- 66-8 ❑ $80,000-$89,999
- 66-9 ❑ $90,000-$99,999
- 67-1 ❑ $100,000 or more

PRAY'N WASH, WITH THE FRESHNESS OF LEMON.



LEMON FRESH SPRAY'N WASH COMBINES THE PROVEN STAIN REMOVING POWER OF SPRAY'N WASH WITH THE FRESHNESS OF REAL LEMON. FOR AN EVEN FRESHER WAY TO GET OUT WHAT AMERICA GETS INTO.



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WHAT AMERICA GETS INTO®

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HELPING YOUR CHILDREN SURVIVE DIVORCE

Suggestions to ease the pain



Divorce is an unsettling experience for a child. Even under the best of circumstances, your kids are bound to get caught in the middle of disputes between you and your former partner. No magic words can make the hurt of divorce go away, but you can take steps to minimize the impact. The key is to set aside your differences and follow these seven decrees:

Don't compromise on custody. Custody arrangements fall into three categories: traditional, joint, and split. In a traditional arrangement, children live with one parent (who makes all the decisions), and visit the other parent on a regular basis. Joint custody is similar except that visitation is more flexible, and both parents agree to make parenting decisions together. In split custody, the children divide their time equally between each parent.

I favor traditional and joint arrangements. Split custody may quell your guilty feelings, but it only hurts your children. In fact, it's the most potentially disruptive arrangement for your kids. It often disrupts their academics, interferes with the formation of stable friendships, and breaks the continuity of discipline and routines.



—Family psychologist John Rosemond's most recent book, Parent Power! *(Andrews/McMeel), can be found in bookstores throughout the country.*

Agree on regular, yet flexible, visitation. To soften the effects of divorce on your kids, make sure they have regular contact with the noncustodial parent. A predictable visitation schedule helps your children feel secure, although flexibility has its pluses. A less rigid schedule is more in tune with the ebb and flow of real life, creating a sense of normality and reducing the frustration that accompanies an unyielding routine.

Take good care of yourself. Studies show that the better the custodial parent adjusts to the divorce, the better the children adjust. If you're the custodial parent, make sure you avoid falling into the trap of self-sacrifice. Get what you need to feel fulfilled.

Avoid unrealistic promises. Many divorced parents try hard to please their kids. As a result, they sometimes make unrealistic promises. Your children would rather that you keep your promise of an ice cream cone, however, than break your pledge of spending a weekend together. If an ice cream cone is all that you can deliver, tell them the truth. They'll appreciate your honesty.

Try not to compare households. In a perfect world, you and your former spouse would agree on everything concerning the kids, including rules, expectations, and discipline. In reality, your philosophies and methods of child rearing will differ.

Such differences won't confuse your children as long as you and your former spouse clearly state what you expect from your kids and consistently enforce those expectations. However faulty your ex-partner's disciplinary style may seem to you, forget about trying to compensate for it.

Treat one another with dignity. More than anything else, children need to have positive perceptions of both parents. A negative impression of one or both parents almost always leads to a negative self-image. Try to keep all of your negative opinions of one another to yourselves.

Resolve your conflicts. A child's adjustment is at risk when conflicts continue after divorce. As a divorced friend of mine told me, "Our bad divorce has been harder on the kids than our bad marriage ever was." If you can't communicate well enough to agree on decisions regarding the children, consider mediation or even arbitration. Watching you fight it out with your former partner is no way for your kids to spend the only childhood they're ever going to have.

So simple you
n soften with one paw
behind your back.



Simple. Single. Soft.

y push-tab opening. Compact
easy to store.

Dispenses sheets one-at-a-time.
No more tearing.

A soft you can really
cozy up to.



YOU CAN FEEL BETTER ABOUT MENOPAUSE, RIGHT DOWN TO YOUR BONES.

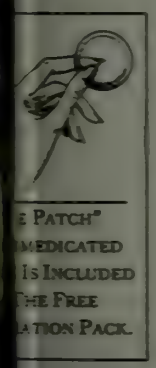
hile it's true that menopause is as natural as puberty was, it can seem a bit frightening. And octors tell us that loss of estrogen at menopause celerate bone loss, which can lead to post-pausal osteoporosis. In just the first seven years enopause begins, you could lose up to 50% of all ne mass you'll ever lose.

Estraderm® Can Help Stop Bone Loss

ium-rich diet and exercise play an important part venting osteoporosis. Estraderm can help, too. derm is a clear patch that delivers estradiol gh your skin into the bloodstream, similar to the ur ovaries did before menopause. Sometimes the can cause skin irritation, although this happens ten when it's worn on the buttocks.

Benefits Vs Risks Of Estraderm

portant to balance risks against proven benefits. derm has been used safely by millions of women eve hot flashes, night sweats, and other menopausal symptoms. And a study at the Mayo Clinic has confirmed that Estraderm can halt bone loss and prevent postmenopausal osteoporosis. Of course, this doesn't mean that Estraderm is for every woman. For example, pregnant women should avoid estrogen therapy. Also, estrogen therapy has been associated t. increased risk of uterine cancer. Women should eir doctor if they have ever had cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting or any cardiovascular disease.



E PATCH® MEDICATED IS INCLUDED THE FREE ATION PACK.

Important Issues To Discuss With Your Doctor:

Q. Am I at risk for postmenopausal osteoporosis?

—All women will lose some bone during menopause. But some will lose more than others. You should discuss osteoporosis and the benefits and risks of estrogen therapy with your doctor as part of your regular checkup.

Q. What can I expect from Estraderm as part of an osteoporosis-prevention program?

—This depends on when you start therapy, the condition of your bones when you start, and how long you continue. You should remember that a calcium-rich diet and exercise are also an important part of an osteoporosis-prevention program.

A Free Menopause Information Pack

A complete menopause information pack (with facts about postmenopausal osteoporosis) and a sample nonmedicated patch to try are yours for the asking. Just call 1-800-521-CIBA, or send this coupon.

To receive your free menopause information pack, mail to CIBA, P.O. Box 907, Spring House, PA 19477-9945

1-800-521-CIBA, EXT. BH10G

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

BH-10

ESTRADERM® ESTRADIOL TRANSDERMAL SYSTEM AVAILABLE IN 0.05 MG AND 0.1 MG STRENGTHS.

See next page for additional important information.

Estraderm

ESTRADIOL TRANSDERMAL SYSTEM

NOW THE CHANGE OF LIFE DOESN'T HAVE TO CHANGE YOURS.

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CIBA

Important Information on Estraderm Continued from Previous Page

Estraderm®
estradiol transdermal system
Continuous delivery for twice-weekly application

BRIEF SUMMARY (FOR FULL PRESCRIBING INFORMATION, SEE PACKAGE INSERT).

ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae; and prevention of osteoporosis (loss of bone mass).

Estrogen replacement therapy is the most effective single modality for the prevention of postmenopausal osteoporosis in women. Case-controlled studies have shown a reduction of approximately 60% in the incidence of hip and wrist fractures in women who began estrogen replacement therapy within a few years of menopause. A recent, well-controlled, double-blind, prospective trial conducted at the Mayo Clinic has demonstrated that treatment with Estraderm prevents bone loss in postmenopausal women at a dosage of 0.05 mg per day.

Treatment with Estraderm 0.05 mg showed full maintenance of bone density with slight (0.8%), but not significant, increase. Placebo treatment resulted in a significant loss of more than 6% below baseline vertebral bone mass. Patients using either Estraderm 0.1 mg, or 0.05 mg, had significantly greater bone densities than those using placebo.

Other studies suggest that estrogen replacement therapy reduces the rate of vertebral fractures.

Peak bone mass is reached at age 30 to 35 and can best be maximized by adequate calcium intake and exercise during the adolescent and early adult years. Early menopause is one of the best predictors for the development of osteoporosis. White women are at higher risk for osteoporosis than white men, black women are at higher risk than black men, and thin women are at higher risk than obese women. Cigarette smoking may be an additional risk factor. Calcium deficiency has been implicated in the pathogenesis of this disease. Therefore, when not contraindicated, a calcium intake of 1000-1500 mg/day either by diet or supplements is recommended for postmenopausal women.

Immobilization and prolonged bedrest produce rapid bone loss, while weight-bearing exercise has been shown to both reduce bone loss and to increase bone mass. The optimal type and amount of physical activity that might lower the risk of osteoporosis have not been established.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up study has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.
5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.
6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patient receiving estrogen, the medication should be discontinued while the cause is investigated.
9. Estrogens may be poorly metabolized in patients with impaired liver function and should be administered with caution in such patients.
10. Because the prolonged use of estrogens influences the metabolism of calcium and phosphorus, estrogens should be used with caution in patients with metabolic bone diseases associated with hypercalcemia and in patients with renal insufficiency.

Information for Patients
See Patient Package Insert printed below.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests may be affected by estrogen-containing oral contraceptives. The following changes have been observed with large doses of oral estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII, IX, and X; decreased antithrombin 3; increased norepinephrine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increased circulating total thyroid hormone (T_4) as measured by column or radioimmunoassay; free T_3 resin uptake is decreased, reflecting the elevated TBG; free T_4 concentration is unaltered; TBG was not affected in clinical trials of Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration, and decreased pregnanediol excretion.

The pathologist should be informed that the patient is receiving estrogen therapy when relevant specimens are submitted.

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary since many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potential adverse effects on the fetus, induction of malignant neoplasms, increased incidence of gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm in clinical trials was redness and irritation at the application site. This occurred in about 17% of the women treated and caused approximately 2% to discontinue therapy. Reports of rash have been rare.

The following additional adverse reactions have been reported with estrogenic therapy, including oral contraceptives:

Genitourinary System: Breakthrough bleeding, spotting, change in menstrual flow; increase in size of uterine fibromyomata; change in cervical erosion and amount of cervical secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal cramps, bloating; cholestatic jaundice have been observed with oral estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance to contact lenses.

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, change in libido.

DOSAGE AND ADMINISTRATION

The adhesive side of the Estraderm system should be placed on a clean, dry area of the skin on the trunk of the body, (including the buttocks and abdomen). *Estraderm should not be applied to the breasts.* The sites of application must be rotated, with an interval of at least 1 week allowed between applications to a particular site. The area selected should not be oily, damaged, or irritated. The waistline should be avoided, since tight clothing may rub the system off. The system should be applied immediately after opening the pouch and removing the protective liner. The system should be pressed firmly in place with the palm of the hand for about 10 seconds, making sure there is good contact, especially around the edges. In the unlikely event that a system should fall off, the same system may be reapplied. If necessary, a new system may be applied. In either case, the original treatment schedule should be continued.

Initiation of Therapy

Treatment of menopausal symptoms is usualy initiated with Estraderm 0.05 mg applied to the skin twice weekly. The dosage should be adjusted as necessary to control symptoms. The lowest dosage necessary for the control of symptoms should be used, especially in women with an intact uterus. Attempts to taper or discontinue the medication should be made at 3- to 6-month intervals.

Prophylactic therapy with Estraderm to prevent postmenopausal bone loss should be initiated with the 0.05 mg/day dosage as soon as possible after menopause. The dosage may be adjusted if necessary to control concurrent menopausal symptoms. Discontinuation of estrogen replacement therapy may reestablish the natural rate of bone loss.

In women not currently taking oral estrogens, treatment with Estraderm may be initiated at once. In women who are currently taking oral estrogen, treatment with Estraderm should be initiated 1 week after withdrawal of oral hormone replacement therapy, or sooner if menopausal symptoms reappear in less than 1 week.

Therapeutic Regimen

Estraderm therapy may be given continuously in patients who do not have an intact uterus. In those patients with an intact uterus, Estraderm may be given on a cyclic schedule (e.g., 3 weeks on drug followed by 1 week off drug).

HOW SUPPLIED

Estraderm 0.05 (estradiol transdermal system) – each 10 cm^2 system contains 4 mg of estradiol USP for nominal* delivery of 0.05 mg of estradiol per day

Patient Calendar Pack of 8 Systems	NDC 0083-2310-08
Carton of 6 Patient Calendar Packs of 8 Systems	NDC 0083-2310-62
Carton of 1 Patient Calendar Pack of 24 Systems	NDC 0083-2310-24

Estraderm 0.1 (estradiol transdermal system) – each 20 cm^2 system contains 8 mg of estradiol USP for nominal* delivery of 0.1 mg of estradiol per day

Patient Calendar Pack of 8 Systems	NDC 0083-2320-08
Carton of 6 Patient Calendar Packs of 8 Systems	NDC 0083-2320-62
Carton of 1 Patient Calendar Pack of 24 Systems	NDC 0083-2320-24

*See DESCRIPTION.

Do not store above 86°F (30°C).
Do not store unpouched. Apply immediately upon removal from the protective pouch.
C91-37 (Rev. 9 91)

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The King.

ELVIS

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Legendary, and 4 payments of only $24.99*



handsome, dressed in sexy Elvis stands alone on a small and sings to a live audience for rst time in many years. It's The at a career milestone, in touch his fans as only he could be.
vis — The '68 Comeback Spe- by noted portrait artist Lia Di s the first issue in the *Elvis: Life- f a Legend* collection, a group of lain dolls that captures mile- s in the life of The King.
: The '68 Comeback Special" is d with head and limbs of bisque lain, hand-painted to capture ense emotion as he "sings." His s custom-styled, and his black, erlike outfit is authentically ed.
ommended by Ashton-Drake, : The '68 Comeback Special" is ed *Premiere Grade*—your assur- of superior artistry and crafts- nip. As an heirloom-quality doll xceptional credentials, he may vise investment as well.
g this dramatic portrait into home for only $99.95. But . . . "Elvis: The '68 Comeback al" is issued in an exclusive n. Order today.

This doll is amazingly lifelike. Actual size is 16 inches tall. Complete with height-adjustable standing mike and doll stand.

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Signature

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Address Apt. No.

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City State Zip

*Plus $4.88 home delivery fee and any applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: $149.00 plus postage and handling and any applicable sales tax.

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ORAL REPORTS
SPECIAL SECTION

DENTAL UPDATE

YOUR GUIDE TO ORAL HEALTH

BY JOHN B. THOMAS



DENTURE ALERT

The right way to care for false teeth

Take care of your dentures today, and they'll take care of you later, says Ronald Ettinger, D.D.S., director of geriatric dental programs at the University of Iowa. His advice:

- Give your mouth at least six hours of rest a day from your dentures. Your mouth loses its healing potential as you age; therefore, it can't compensate for the trauma that dentures cause it.
- Don't let your dentures dry out. Take them out at night and soak them in water or another fluid, such as a commercial soaking product.
- Clean your dentures with a toothbrush and liquid soap once a day.
- Stimulate your gums with a soft toothbrush once a day for at least two minutes. Don't forget the tongue and upper surface of the mouth.
- Have your dentures replaced about every five years. "Dentures are like glasses," says Dr. Ettinger. "They suffer wear and tear and then you need new ones. Unfortunately, many denture wearers keep the same set for 10, 20, or 30 years."
- Visit your dentist for a checkup at least once a year. As a denture wearer, you're more susceptible to fungal infections than other dental patients.

FOR FEMALES ONLY

Hormones can play havoc with your mouth

Women have special dental needs all their own, says Barbara J. Steinberg, D.D.S., professor of medicine at the Medical College of Pennsylvania. Their risk for oral problems, especially gum trouble, rises particularly during menopause, menstruation, and puberty. (For a full discussion of pregnancy and dental health, see the box on *page 52.*) Here's what to expect at different times in your life:

Menopause. During menopause, says Dr. Steinberg, some women complain of a burning sensation of the mouth, a dry mouth, or a change in taste sensations. Menopause can also cause severe changes to the gums, which may become inflamed, sore, and ultrasensitive. In addition to dental treatment, your dentist may recommend that you see your gynecologist. Treatment options range from hormone replacement therapy to vitamin supplements.

Puberty. Many dental surprises await young girls during their journey through puberty. Among them are temporary changes to the mouth, including red, puffy gums that may bleed while tooth brushing. Good oral hygiene can head off some of these problems.

Menstruation. Swollen gums, canker sores, or cold sores may afflict women during menstruation.

To receive a free copy of the brochure, "Gum Disease: The Warning Signs," send a business-size SASE to: American Dental Association, DPIE-W105 BHG, 211 East Chicago Ave., Chicago, IL 60611.

GUARD YOUR SMILE

Mouth guards protect more than just teeth

For kids *and* adults wearing a mouth guard during sports is a smart thing to do, says William Olin, D.D.S., secretary of the Academy of Sports Dentistry in Iowa City, Iowa. Mouth guards, which protect the teeth from damage, are already mandatory in some contact sports, such as football, ice hockey, and field hockey. But Dr. Olin says his group wants to make mouth guards a requirement for *all* contact sports, especially baseball, soccer, and basketball.

"If parents could see the photographs I have of kids who've gotten hit in the mouth, they'd insist that their children wear mouth guards," Dr. Olin says. In addition to protecting a player's teeth, mouth guards help prevent busted lips. Research conducted at Notre Dame University even suggests that mouth guards can help prevent concussions.

What type of mouth guard works best? Dr. Olin advises seeing your dentist for a custom-fitted plastic mouth guard. If your dentist doesn't make mouth guards, ask for the name of a local dentist who does. Some de-

continued on page .



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aluate dental implants
alternative for you.

John Jr. is about to get his permanent teeth. So is his grandson.

ee information on
l implants, call toll-free:
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ite: AAOMS, Dept. P7A
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nont, IL 60018

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1. You can help by completing and sending in the donation certificate inside specially marked boxes of Crest toothpaste. For every certificate, Crest will donate 50¢ to the Caring Program for Children* (up to $300,000). Offer ends June 30, 1994.

*Known in California as California Kids. In Michigan Crest makes a direct donation so no purchase or certificate mail-in is necessary.

2. Ask your friends to send in donation certificates, too. Improving the health care of America's needy children makes everyone feel like smiling!

Crest
The Dentists' Choice.

ORAL REPORTS SPECIAL SECTION

continued from page 50

tists make custom mouth guards free for their patients, but others may charge a fee ranging from $10 to $50.

You can also buy mouth guards at sporting-goods stores; however, Dr. Olin says they aren't as effective as custom models made by a dentist. If you do choose a store-bought mouth guard, he recommends the type that can be boiled in water. Boiling softens the mouth guard so you can bite into it, leaving an impression of your teeth. Getting the material to spread evenly and fit properly makes this a difficult do-it-yourself project. Your safest bet: take these boil-and-bite mouth guards to your dentist for fitting.

For more information on dental safety in sports, send a SASE to: Dr. William Olin, Academy for Sports Dentistry, University Hospitals, Iowa City, IA 52242.

ACHY BREAKY TOOTH

Heed the warning signs of a cracked tooth

Do you feel sharp pain when you bite down? Does it disappear once you stop chewing? If so, you may have a cracked tooth, says Richard Carlos Tatum, D.D.S., an associate professor at Howard University in Washington, D.C.

Likely causes of tooth cracks include injury, temperature extremes, age (older teeth tend to crack more), diet, and habits. "If a patient likes to chew ice, nuts, or firm foods such as throat lozenges, eventually there may be some damage," says Dr. Tatum.

Clenching or grinding your teeth (called bruxism) may also lead to cracks. Some people grind their teeth in their sleep and may not even be aware of having developed the habit.

Cracked teeth are sometimes difficult to diagnose. That's because dental X rays don't reveal them, and patients often have trouble pinpointing precisely where the pain originates from, says Dr. Tatum.

A typical repair job on a cracked tooth involves a crown or an onlay, which covers the chewing surface of the tooth. Get to your dentist at the first indication of pain, even if the pain isn't constant.

MERCURY MYTHS

Easy-to-swallow advice about silver amalgam fillings

If you've got cavities, you've probably got silver fillings—the most commonly used material to restore damaged teeth.

That puts you in the middle of a still simmering controversy: Are silver amalgam fillings, which contain mercury, truly a health hazard? Some reports—many of them anecdotal—suggest that mercury from dental amalgams may have an adverse effect on the nervous system.

That's not the case for most folks, according to a special panel of experts convened by the National Institutes of Health. People who *are* at risk are those with mercury allergies—a tiny fraction of all dental patients.

continued on page 5

PREGNANCY AND YOUR GUMS

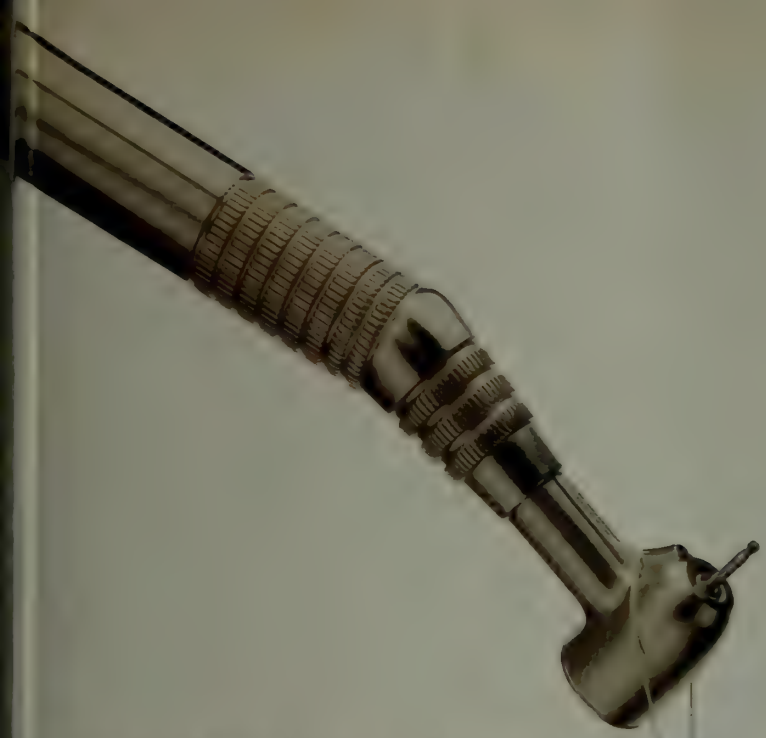
Expectant moms can expect dental surprises

It's a myth that pregnancy causes more cavities. What plagues many pregnant women, however, is periodontal disease. In fact, some studies suggest that gum trouble affects almost all expecting moms.

Red, inflamed, quick-to-bleed gums may occur during any trimester of pregnancy, often beginning as early as the second month, says Barbara J. Steinberg, D.D.S., professor of medicine at the Medical College of Pennsylvania. A few women even develop benign tumor-like growths on their gums.

The cure: a good dental scrubbing to remove plaque and tartar buildup. Such cleanings can be done at any time during pregnancy. However, try to schedule more involved dental procedures for the second trimester (when it's safer) or delay the work until after you deliver.

A note of caution: Inform your dentist immediately if you have severe pain or suspect a serious dental problem. An emergency can be taken care of anytime during pregnancy as long as your dentist is careful with X rays and medication.



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continued from page 52

The American Dental Association ensures that silver amalgam fillings remain a safe, cost-effective, and long-lasting method of repairing teeth.

What about replacing your silver fillings just in case? It's not worth it, says the ADA. The more times that your dentist drills and fills your cavities, the greater the chances of weakening your teeth.

However, if a silver amalgam filling *needs* replacing because it's old or damaged, you can ask your dentist about using a substitute material. Your choices include tooth-colored plastic composites, cements, alloys, and ceramics such as porcelain. Still, most dentists favor silver amalgam because of its durability and lower cost.

HELP FOR DYING TEETH

High-tech procedure may revive hopeless teeth

It may sound like weird science, but Guided Tissue Regeneration (GTR) heads the list of present-day wonder cures for sick teeth.

According to William Becker, D.D.S., an associate professor at the University of Texas, Houston, and a



leading expert on GTR, patients with advanced gum disease or dental implants benefit the most from this 10-year-old technique.

For patients with gum disease, here's how GTR works: Your dentist or periodontist (gum disease specialist) inserts a synthetic membrane down into the gum tissue that surrounds your damaged tooth.

The membrane acts like a shield, protecting your tooth's root from nearby skin, which can invade the root and thwart the healing process. Once your gum tissue regenerates—in about four to six weeks—the membrane is removed.

The good news about GTR is that it involves minimal pain and has a high rate of success, says Dr. Becker. What's more, new dissolvable membranes—due out in a year or so—will make GTR an even more attractive treatment option.

The bad news is that GTR costs about $150 to $200 more than the standard periodontal procedure, which involves cleaning the tooth's root so your gums can reattach to it.

GTR also ranks high as a healing treatment for dental implants, says Dr. Becker. Again, expect to pay about $150 more than today's standard procedure.

CHOOSING A TOOTHBRUSH

Can the right weapon save your teeth?

Buying a toothbrush demands as much consumer savvy as shopping for tennis shoes. Just when you think you're up to speed on the latest designs, another new product hits the store shelves.

Take the toothbrush handle, for instance. A straight one looks antiquated lying next to newer designs that bend, twist, and flex. Then there's the brush head: large, small, rectangular, or tapered. The bristles? They come hard, soft, straight, or rounded.

Don't get too bristled about all the choices, says Richard Price, D.D.S., a Boston dentist and consumer advisor for the American Dental Association. Instead, concentrate on these points:

First, make sure the brush features the ADA mark of approval. The mark assures you that the toothbrush has soft, rounded bristles that won't harm your gums.

Second, find a brush that feels comfortable in your hand, even if it means experimenting with several different brands. "That way, you'll use the brush more," says Dr. Price.

Next, choose a brush that's small



enough to reach all the surfaces of your teeth, especially the back one. "Don't be intimidated by child-size versus adult-size labels," says Dr. Price. "Find one that fits into your mouth easily." In fact, you should be able to brush your back teeth without opening your mouth more than an inch or so.

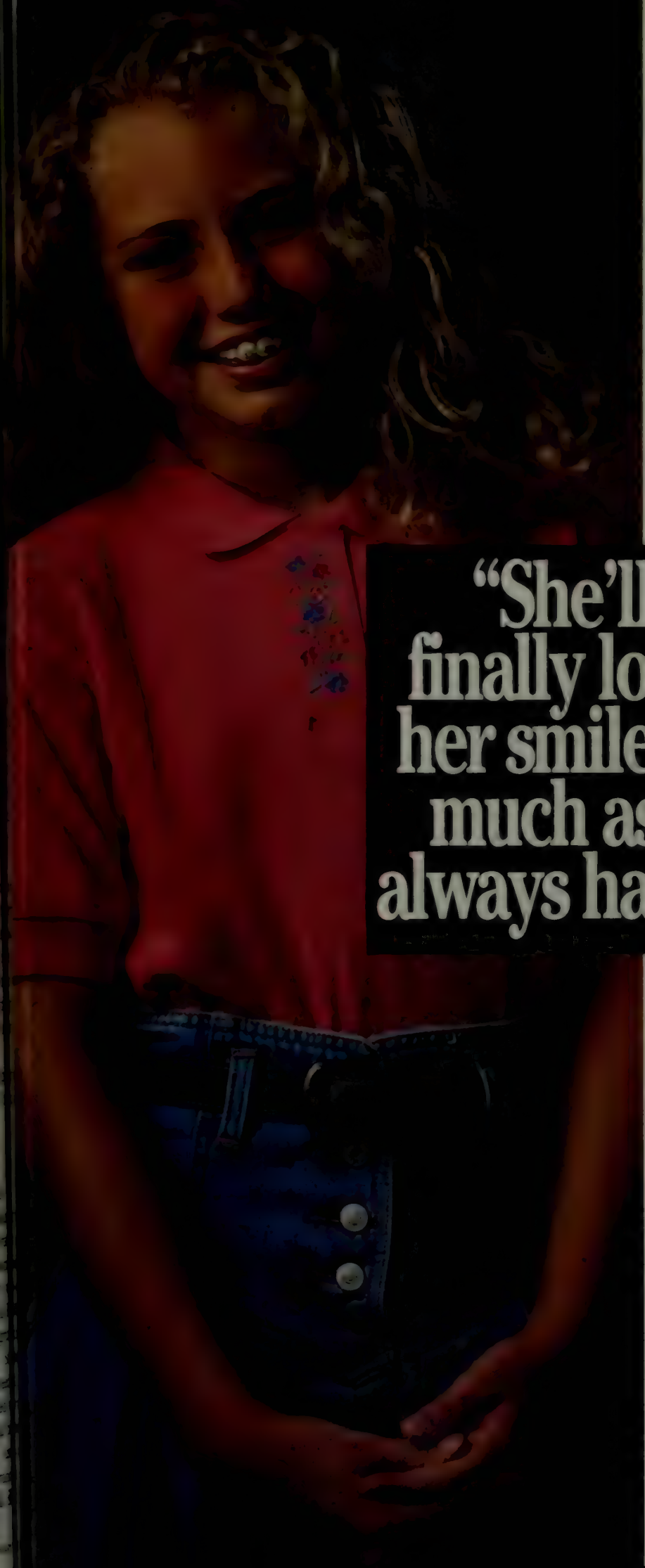
Finally, a rounded synthetic or polished-end bristle helps reduce the amount of bacteria that accumulate on your brush. Another hygiene tip: rinse your brush well and store it in a cool dry place. "The bathroom may not be best because it's full of moisture," says Dr. Price.

The ADA recommends changing your toothbrush every three to four months, depending on wear.

BOTTLED WATER

It may lack essential fluoride

Consumers are downing store-bought water in record rates. Yet some bottled waters lack fluoride, the substance that helps protect your teeth from cavities, says Dr. Paul Fillibillard, assistant professor of agricultural engineering at Penn State University. He says there's no need to spend a lot of money on bottled waters: your own tap water *should* have all the fluoride you need. Or use fluoride toothpaste or find a brand of bottled water with the chemical.



"She'll finally love her smile as much as I always have."

"I always thought Suzanne had the sweetest smile. She didn't agree. I guess maybe all moms feel that way about their children. But all it took was one trip to the orthodontist to open my eyes.

"He agreed that based on looks alone braces might not be necessary. But there was a lot more to it than that. He explained that her problem would only get worse and could cause problems down the road much more serious than a little self-consciousness. That was all I needed to hear.

"Before long Suzanne will have a smile that makes her happy, but just as important it will be a healthy smile. And the modest cost paid on a monthly basis was just right for my budget."





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CAN FOOD CHANGE YOUR BLOOD PRESSURE?



Diet and lifestyle can help you maintain a desirable blood pressure of 120/80.

About 25 percent of American adults suffer from high blood pressure, also known as hypertension. The odds increase to one in two as they reach their late fifties. According to the latest studies, this life-threatening condition can be helped and, better yet, prevented, by eating healthfully and exercising moderately. If you or someone you know has hypertension, it's important to understand how food can affect blood pressure.

Q. What's the best dietary change you can make to reduce blood pressure?

A. If you are more than 10 percent above your ideal body weight, cut calories to lose weight, *and* keep the weight off. A 1992 report ("Primary Prevention of Hypertension") prepared by a working group of health experts appointed by the National Heart, Lung, and Blood Institute estimates that excess weight contributes to 20 to 30 percent of the hypertension cases in the U.S. Research has shown that overweight people are two to six times more likely to develop hypertension. When overweight adults lose weight, there is a notable reduction in the incidence of hypertension.

Q. I'm confused over conflicting reports about sodium's effect on blood pressure. What's the bottom line?

A. The sodium debate has been raging for years because it's difficult to pin down the relationship between sodium and blood pressure. Cumulative new research indicates that reducing sodium intake actually can prevent hypertension from developing in the first place.

Some segments of the population, such as African Americans and the elderly, are especially sensitive to the effects of sodium. Over time, they may experience a greater reduction in blood pressure than other people by reducing salt intake (or, conversely, experience a greater increase in blood pressure by eating high-sodium foods).

The current booklet *Dietary Guidelines for Americans* (published by the United States Department of Agriculture) advises everyone to eat salt and sodium only in moderation. Says Dr. Paul Whelton, who chaired the National Heart, Lung, and Blood Institute's working group, "Cutting back on sodium, even a modest amount, is a very effective step to preventing hypertension." The group's report was approved by representatives from many national health organizations, including the American Heart Association, the American Medical Association, and the American Dietetic Association. The committee's report recommends consuming less than 2,400 mg of sodium a day. (While sodium does come from sources other than salt, this amount would be equivalent to approximately 1 teaspoon of table salt.) At press time, the American Heart Association's current recommendation of limiting sodium to 3,000 mg or less a day was under review.

Q. What's the best way to cut back on sodium in my diet?

A. Remove the salt shaker from the table, choose processed foods that are lower in sodium, and season foods with herbs and spices instead of salt. About 80 percent of sodium consumed comes from processed foods; 20 percent is added during cooking or at the table.

Q. Should I use a salt substitute to reduce sodium?

A. Check with your doctor before using potassium-based salt substitutes, especially if you are on a *potassium-sparing* diuretic or have a kidney disease. It is rare, but potassium-based substitutes can raise potassium to dangerously high levels, which puts you at risk for cardiac arrest. Instead of seasoning with salt or a potassium-based substitute, try salt-free seasoning blends.

continued on page 58

BY MARILYN CARNELL, Ph.D., R.D.

10-YEAR STUDY LINKS VITAMIN C TO REDUCED RISK OF HEART DISEASE.

ONGER, HEALTHIER LIFE MAY BE POSSIBLE.
E FIRST STEP IS ASKING ALL THE RIGHT QUESTIONS:

o conducted the research? In order to study the tionship between diet and health, the United States ernment conducted this in-depth probe through the National ter for Health Statistics. The results were then analyzed by a arch team at UCLA's School of Public Health.

o was being studied? 11,348 average American men and nen were tracked over a 10-year period. They ranged in age n 25 to 74 and were representative of the general population regard to disease history, smoking habits, degree of exercise, hol consumption and caloric intake, among other things.

at was actually discovered? It was found that Vitamin C offer remarkable protection against heart disease, especially n consumed in amounts well above the government's ent recommended daily allowance of 60 mg. Consuming t 300 mg each day may be far more beneficial.

Vitamin C extend life expectancy? Based on this study, t 300 mg of Vitamin C every day could help people add d. healthy years to their lives. This study joins a body of ntific evidence showing a strong link between increased min C intake and improved health.

at's the best way to get more Vitamin C? 100% Pure da Orange Juice is an important start. You can get up to ng of Vitamin C from every 8-oz. glass of orange juice. So just delicious glasses bring you two-thirds of the way toward the of about 300 mg a day.

juice plus fruits and vegetables complete the picture?

ok how much Vitamin C is in an average serving:

ange Juice	97mg	Sweet Peppers	95mg	Asparagus	49mg
apefruit Juice	83mg	Strawberries	84mg	Grapefruit	41mg
ntaloupe	113mg	Peas	77mg	Honeydew	32mg
occoli	97mg	Cauliflower	72mg	Raspberries	31mg
ussels Sprouts	96mg	Orange	70mg	Tomato	22mg

ce: United States Department of Agriculture

v does this affect your lifestyle? A healthy, well-rounded which includes orange juice every day, may protect you heart disease and may simply add good years to your life.

free booklet that provides further information on the UCLA study gives ideas on Vitamin C menu planning, write to: Vitamin C, Box 148, Dept. A, Lakeland, FL 33802-0148.



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ORIDA ORANGE JUICE.
natural source of Vitamin C.

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CAN FOOD CHANGE YOUR BLOOD PRESSURE?

continued from page 56

Q. My doctor tells me to eat a banana a day. Why is that?
A. Preliminary studies indicate that potassium-rich foods, such as bananas, may play a role in the prevention of high blood pressure. While there is no Recommended Dietary Allowance (RDA) for potassium, the National Academy of Sciences estimates 1,600 mg a day to be a minimum goal. (One banana provides about 450 mg of potassium.) Other potassium-rich foods are apricots, cantaloupe, dairy products, orange juice, beans, broccoli, and potatoes.

Q. I've heard that milk, orange juice, and other mineral-rich foods will curb my blood pressure. True?
A. Beyond meeting the RDA levels, it is too early to know whether calcium, magnesium, or other minerals will prevent or treat hypertension. Eat a well-balanced, low-fat diet, including lots of mineral-rich fruits and vegetables, and you will reap their benefits for overall good health.

Q. Fat and cholesterol seem to be the culprits for many health problems. Do they affect blood pressure too?
A. Yes, indirectly. Dietary fat can contribute to obesity, which raises blood pressure and also increases the risk of heart disease and stroke. For those reasons, limit dietary fat to 30% of the calories you consume, with less than 10% coming from saturated fats. Limit dietary cholesterol to an average of 300 mg a day.

Q. I've heard that tuna sandwiches and grilled salmon can reduce hypertension. Is this just another fish tale?
A. Preliminary studies suggest that the omega-3 polyunsaturated oils in tuna, salmon, and other higher-fat fish may play a role in lowering blood pressure. However, the amount of omega-3 you'd need is substantial and difficult to consume in a normal diet. Because these results are controversial, more research is under way. It's still a good idea to include fish and seafood as part of a well-balanced diet.

Q. Do oat bran, whole wheat bread, and other high-fiber foods reduce high blood pressure?
A. Studies have failed to show a causal relationship between high-fiber foods and hypertension. High-fiber foods are still important in your diet because they may help prevent other diseases, such as some types of cancer.

Q. I've read that adding lots of onion and garlic to my recipes will lower blood pressure. Is that true?
A. No. In controlled studies, increased amounts of garlic and onion have not had a significant effect on blood pressure.

Q. How does alcohol affect blood pressure?
A. An excessive amount of alcohol increases blood pressure. If you have high blood pressure, check with your doctor about drinking alcoholic beverages. Should you be given the go-ahead, limit your consumption to no more than 2 drinks a day (2 ounces of liquor, 8 ounces of wine, 24 ounces of beer), as recommended by the National Institutes of Health.

Q. Is caffeine OK for people with hypertension?
A. You can still drink that morning cup of coffee, caffeinated or decaffeinated, without worrying about hypertension, as long as you drink it in moderation. Even though your blood pressure may rise for a short time after you drink a couple cups of regular coffee, caffeinated beverages, including colas, usually do not affect your overall blood pressure.

Q. Can blood pressure really be controlled by eating right?
A. Many doctors are encouraging patients with higher than normal blood pressures to change their diets and lifestyles, rather than resort to drug therapy, which can have side effects. If those changes do not help control the hypertension within a few months, medication may be advised.

—Marilyn Carnell, Ph.D., R.D., operates Food and Nutrition Resources, a consulting service in Wayne, Pa. Her interest in lifestyle and diet stems from studying heart disease while at the University of Minnesota.

PREVENTING HIGH PRESSURE

- **Lose weight if you're overweight.**
- **Limit sodium to less than 2,400 milligrams a day.**
- **If you drink alcoholic beverages, drink no more than 2 drinks a day.**
- **Get regular aerobic exercise.**
- **Eat a well-balanced diet, making sure you get the Recommended Dietary Allowance (RDA) of calcium, magnesium, and other minerals.**
- **Limit fat and cholesterol intake.**
- **If you smoke, stop.**
- **Follow the advice of your doctor on intake of potassium and blood pressure medications.**

BLOOD PRESSURE PRIMER

The heart is a human pump. When it beats, blood pressure rises and falls. Blood pressure is reported in two numbers, for example, 120 over 80 (120/80) millimeters of mercury (mm Hg). The top number is the *systolic* blood pressure—the force exerted against the artery walls when the heart beats. The bottom number is the *diastolic* blood pressure—the lowest pressure in the arteries between heartbeats—the heart's rest period.

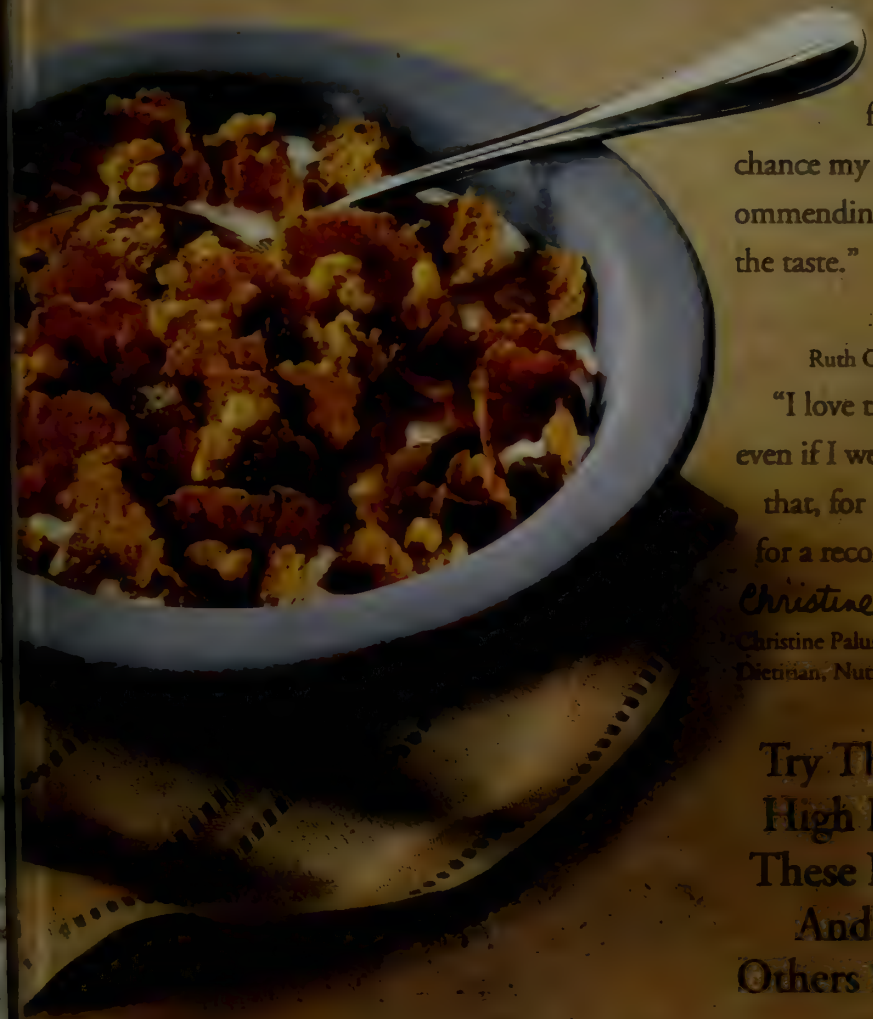
When the pressure is too high (140/90 or above) for a period of time, the result is hypertension. The arteries are saying, "We can't stand this pressure." Damage is caused to the arteries, heart, and other organs, and can lead to heart attack, stroke, or kidney or eye damage.

People who are more likely to develop high blood pressure are African Americans, persons with a high normal blood pressure (130/85 to 139/89), those with a family history of hypertension, and individuals with one or more lifestyle factors that contribute to an increase in blood pressure. The factors that can increase blood pressure as you age include high sodium intake, obesity, physical inactivity, excessive alcohol consumption, and potassium deficiency.

Rarely will you notice any symptoms of high blood pressure (called the "silent killer"), so you should have your pressure checked regularly. If your family has a history of hypertension, monitor your blood pressure more closely.

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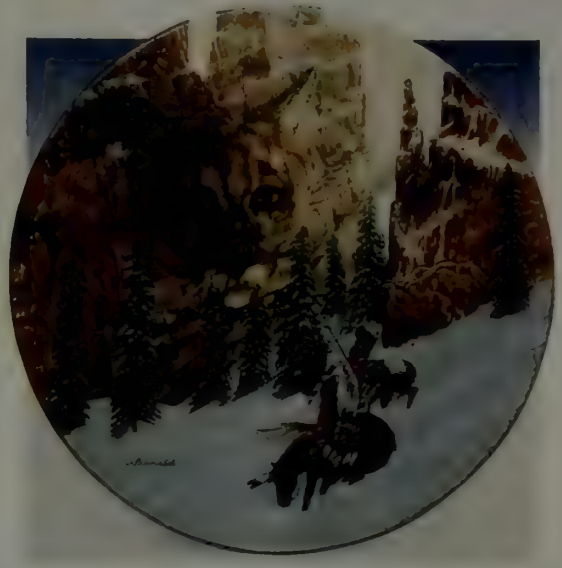


"Canyon of the Cat"

In full color on fine porcelain
Shown smaller than actual
diameter of 8¼ inches

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The mystical presence of a Native American spirit revealed... a Bradford Exchange recommendation



North American Indian scouts move slowly across the winter landscape, guided on their journey by a mystical ence—the mighty cougar who reigns over the region. This ous testament to the Indian message of a shared universe enowned Western artist Julie Kramer Cole has been re- ed on a fine-porcelain collector's plate. "Canyon of the is available now—and it looks like a smart buy. Here's it's a Bradford Exchange recommendation:

anyon of the Cat" is an important first issue, the first plate e *Faces of Nature* collection from W. S. George Fine China, ffiliate of the Bradford Exchange.

s an impressive work of art, created from an original work rtist Julie Kramer Cole to celebrate the Indian belief that and nature are as one. Attesting to its importance, each will be hand-numbered and accompanied by a corre- ndingly hand-numbered Certificate of Authenticity.

anyon of the Cat" has the potential to appreciate in value, use the edition is limited to a maximum of 150 firing days. e the edition closes, collectors' demand could exceed the ply of plates and force asking prices up.

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If, for example, you had followed one of our major recommendations in 1989, you would have bought the first issue in the *Great Cats of the Americas* series, at just $29.90—a plate that last traded at $80.00.* Or, if you had acquired "Fleeting Encounter," an exceptional wildlife plate from *The World's Most Magnificent Cats* series, you would now own a plate that last traded at nearly three times its 1991 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is constantly changing. Some exceptional plates appreciate in value; some plates go down, and many remain at or near issue price. But right now, Bradford Exchange analysts rate "Canyon of the Cat" as one of the year's top prospects...and we'll back up your purchase with our unconditional 365-day guarantee.

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FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP



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Computer programs add spark to tracking workouts

Looking for a new way to make use of your personal computer? If so, check out the following IBM-compatible computer software programs for fitness buffs:

- *Run-Log*, $39.95; Soft-Run Software, 68 Pine Hill Estates, Dept. BHG, Kenova, WV 25530; 304/453-6775. User friendly. Records mileage, weight, pulse, and more.
- *The Athlete's Log*, $49.95; B&B Software, Inc., Box 10212, Dept. BHG, Eugene, OR 97440; 503/741-2335. Good for recording data in running, cycling, swimming, golf, tennis, and weight lifting.
- *Fitness Tracker*, $40; Lunde Engineering, Inc., P.O. Box 540489, Omaha, NE 68154; 800/872-6181. Use to log running, biking, swimming, and other sports. To help you monitor your progress, the program includes multiple reports and graphic options.
- *UltraCoach*, $89.95; Flite Controls, 10740 Kenney St., No. 402, Dept. BHG, Santee, CA 92071; 800/729-1908. Track 21 variables of training in six different sports.
- *Runner's Package*, $12.95; Austin ProSoft, Box 1811, Dept. BHG, Austin, TX 78767; 800/594-7769. Package includes running- and health-related programs (for example, Graphic Coach, Health Risk Appraisal, Nutrition Analyst, Mealmaster). These are "shareware" programs—if you like a particular program, then you send the author a donation. Good programs, great prices.

RISKY BUSINESS

Inactivity can lead to heart attacks

The value of exercise is on the rise, based on a report from the American Heart Association.

After reviewing more than 50 research studies, the AHA recently added physical inactivity to its list of risk factors for heart disease. Previously, a sedentary lifestyle was ranked merely as a contributing factor.

This means that lack of exercise is comparable to such other risk factors for cardiovascular disease as high blood pressure, smoking, and high cholesterol.

For maximum benefit, the AHA recommends exercises that work large muscle groups. For example, try such aerobic activities as walking, swimming, or biking. Do these at moderate intensities for 30 to 60 minutes a day, three to four days a week. But remember, check with your doctor before starting a new exercise regimen.

"Preventing heart disease is far and away better than dealing with it after someone has had bypass surgery," says the AHA's Gerald F. Fletcher, M.D., at Emory University.

Fletcher adds that even when it's too late for prevention—after a heart attack—exercise can help survivors avoid a second attack.

POST-EXERCISE BREAST MILK

Infants are often sour on the taste

Notice to mothers who breast-feed: Do it before you exercise.

A study of 26 nursing women who walked, ran, or did aerobics showed significant increases in lactic acid in the breast milk after exercise. The result: a sour-tasting meal for baby.

"The reason for the study was complaints that infants wouldn't feed after exercise," says Indiana University's Janet Wallace, Ph.D. "One infant spit the milk out, and the rest took their mothers' milk with less enthusiasm."

If post-exercise feedings can't be avoided, Wallace suggests emptying the breast before exercise and saving the milk. Other suggestions: Discard any milk from the first hour after exercise, then nurse, or simply decrease your exercise intensity so that lactate won't be produced.

"Mothers can be demoralized if baby doesn't want to nurse," she says, "especially moms who are eager to exercise after a pregnancy layoff."

STOMACH OF STEEL

Kick off the new year with a new and improved tummy

Welcome to the battle of the bulging stomach—that post-holiday, beginning-of-the-year contest to gain control over your girth.

To win, you need a healthful diet to help you lose weight—and the right stomach exercises to help flatten what's left.

Instead of sit-ups, which can lead to neck and back injuries, Debra Weise, physical therapist at the Institute for Athletic Medicine in Minneapolis, recommends "dead-bug" exercises. They're better because there is no back movement and less chance of injury. What's more, they work the abdomen more effectively than sit-ups.

For dead-bug number one, follow these directions: lie on your back with knees bent and arms straight up in the

continued on page 66

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FITNESS MATTERS

continued from page 64

air. Press your lower back to the floor by tightening your abdominal muscles. Hold this position while slowly moving your arms above your head to the floor and then back up. Repeatedly perform for one to five minutes. Add weights to increase difficulty.

More difficult dead-bug positions involve the same arm motion described above, just different leg movements. For example, keep one knee bent while slowly extending the other leg so that it's a few inches off the ground. Pull it back and forth between the bent position and the extended position for one to five minutes. Then, switch to the other leg. Throughout each movement, be sure to keep your back pressed to the floor.

Using the basic dead-bug formation, you can add other leg movements according to your fitness level.

These exercises work because they tighten and firm stomach muscles. As a bonus, such exercises help protect against back problems.

As with any exercise program, it's a good idea to check with your doctor before starting a brand-new workout. That's especially true if you haven't been taking part in fitness activities.

A HANDY FITNESS TOOL

Lap counter fits on your index finger

Hauling around a heavy stopwatch to help monitor workout times is no way to unwind. Yet exercising without keeping track of your time or laps leaves you in the dark about your progress.

To help make your exercise routines a little less taxing, try SportCount. It's a waterproof, digital sports timer and counter that fits on your index finger. You control it with your thumb. The design allows you to record data, yet stay in the natural motion of your swim, run, walk, or bike ride.

SportCount keeps track of your total laps, best lap, average lap, and elapsed time. Available in sports stores, or write to: SportCount, Inc., Dept. BHG, 4600 E. West Highway, Suite 300, Bethesda, MD 20814. Or, call 800/747-1621. Cost: $29.95 plus $3 shipping.



PICKING A HEALTH CLUB

Fitness group says 'kick some tires' before you pay

Ten million Americans have already joined a health club in the 1990s, and 50 million more will join. How many will *stay* in a health club for longer than the trial membership? That depends on how much time these folks spend choosing the right club.

To help, the American College of Sports Medicine (ACSM) has created an excellent 16-page pamphlet. It provides consumers with checklists that cover such topics as:

- **Staff qualifications.** Do staff members have the right education, and are they certified in their fields? Are they CPR certified? Are they available, obvious, and friendly?
- **Facility and equipment.** Is there enough equipment so you don't have to wait? Is there enough variety so you can meet your goals? Is the equipment and facility clean?
- **Programming.** Are there structured programs? Are personalized programs available? Are there programs for age groups? Are health promotion programs, such as weight management, available?
- **Safety.** Is first aid available? Are members given a health-risk assessment before beginning a program? Is equipment regularly inspected?
- **Business practice.** Is there a grace period in which you can cancel your membership and be fully refunded? Are trial memberships or guest passes offered? Is there plenty of written material about the facility and programs, services, and pricing? Is there a newsletter and a form of regular feedback to the management?

For a free copy of the "ACSM Health/Fitness Facility Consumer Selection Guide," send a-SASE (business-size) to: ACSM Public Information Department, Dept. BHG, Box 1440, Indianapolis, IN 46206-1440.

—By Gary Legwold, a free-lance health writer who does his working out in Minneapolis.



Good news for people on Cardizem® (diltiazem HCl)

Cardizem CD Should Save You Money"

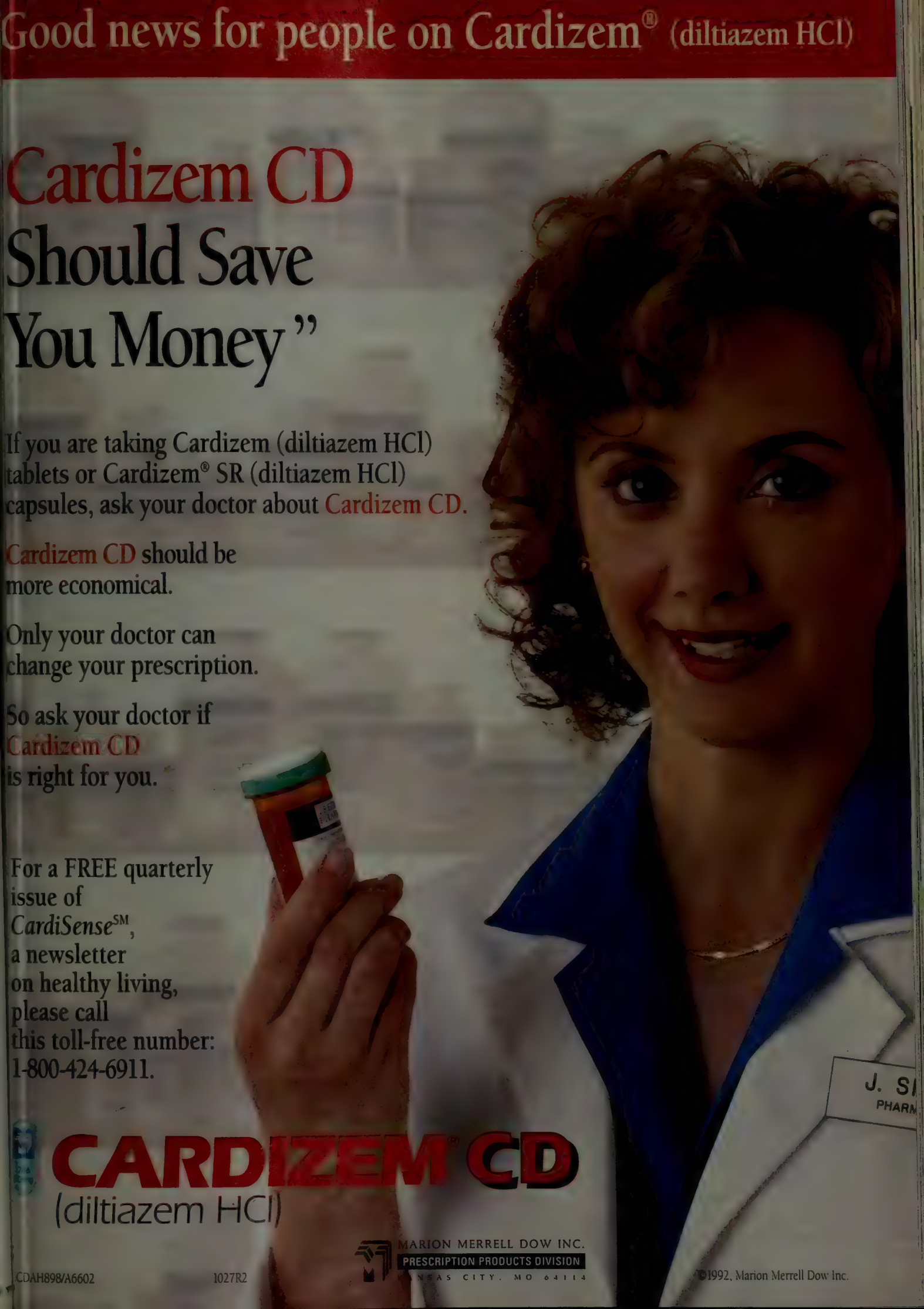
If you are taking Cardizem (diltiazem HCl) tablets or Cardizem® SR (diltiazem HCl) capsules, ask your doctor about Cardizem CD.

Cardizem CD should be more economical.

Only your doctor can change your prescription.

So ask your doctor if Cardizem CD is right for you.

For a FREE quarterly issue of *CardiSense*℠, a newsletter on healthy living, please call this toll-free number: 1-800-424-6911.



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BY GARY LEGWOLD

HOME SICK HOME

Make sure indoor pollutants aren't making you sick



These days, pollution hits all of us right where we live. Today's snug, energy-efficient houses trap more and more toxins, sometimes causing them to rise to levels 10 to 100 times higher than the levels experienced outdoors.

Although you should be concerned, you need not panic. Generally, household pollution is more a long-term threat to your health than an emergency. (The major exception to this rule is household lead.)

Here's what you need to know about some common indoor toxins, along with suggestions about how to lower their concentrations to safe levels.

Making you sick? Your house *may* be making you sick if you have nagging colds, fatigue, lingering headaches, or allergies that mysteriously go away when you leave for a few days or when you open windows. Also, you *may* have health problems in the future if the furnace malfunctions (carbon monoxide), if you remodel (lead in paint dust), if you have asbestos pipe insulation, or if your basement develops a crack through which radon seeps. The point is not to be alarmed, but to be informed and forewarned.

Lead. If you have young children, get the lead out when it comes to dealing with this extremely toxic chemical. Kids who take in even minute quantities of lead show signs of brain injury and reduced intelligence. Over time, lead poisoning can also lead to blindness and kidney damage.

The two most common sources of household lead pollution are drinking water and lead-based paint.

Last fall, a government study revealed excessive lead in the drinking water of homes in cities across the nation. The culprits in most cases were lead water pipes and lead-based solder used to join water pipes. Lead solder was prohibited by federal law in 1988, but many homes and schools still have lead in pipes.

Lead-based paints pose a threat when they are peeling or chipping off, or when remodeling sends paint particles and scrapings into the air. Construction dust gets into the soil or air and onto windowsills and floors—and into children's mouths. Even though in 1978 the U.S. Consumer Product Safety Commission banned use of lead-based paints in homes, this kind of paint is still found in more than 50 million homes.

What to do? Your local health department or state environmental protection agency can tell you whether your home is at risk for lead. They can also point you toward reputable testing companies.

Complete removal of all sources of lead isn't always practical. To minimize the problem:

- Keep a clean house. Wet wipe windowsills with a phosphate detergent and regularly vacuum carpets.
- Leave your shoes outdoors if your soil is contaminated and take care to wash hands before eating. Removing old soil and hauling in new helps.
- Replace windows and doors that are covered with peeling lead-based paints. That's often cheaper and safer than having the paint stripped.
- Run your water for a few minutes before using to flush out lead. Use cold water for cooking; hot water picks up more lead.

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DO-IT-YOURSELF TESTS?

For every toxin under the sun, there are often oodles of test kits being marketed. Home tests for carbon monoxide and radon are reliable, but many others are not.

More worrisome: Interpreting test results. Testing one or two windowsills can't rule out lead from other sources, for example.

If you think you have a problem, go slow. "The presence of pollutants in the house does not necessarily mean health problems are developing," says John Girman of the Environmental Protection Agency in Washington, D.C. "But decreasing the levels of these pollutants can decrease the risk of health problems later on."

For help, contact the EPA (Public Information Center, Mail Code PM-211B, 401 M St., SW, Washington, DC 20460) or your state and local health department. Officials there can advise you on test kits, consultants, free services, certification of inspectors, and what practical steps you should—and should not—take yourself.


FOR COLDS AND FLU,
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HOME SICK HOME

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● Check with state or local health officials about low-interest loans or tax credits for lead abatement.

Carbon monoxide (CO). The guest room in Barbara Scott Murdock's house is in the basement. Guests began complaining of morning headaches that cleared when they went upstairs. "I suspected our furnace needed adjustment and was putting out carbon monoxide," says Murdock, an environmental health consultant. She was right.

When a home combustion appliance—furnace, stove, water heater—incompletely burns its fuel, CO (which blocks the blood's ability to carry oxygen) can become a problem. Headaches, nausea, and heart problems signal high CO levels. Extremely high levels can kill. Other gases formed by incomplete combustion cause everything from sore throats to cancer and are also dangerous.

Detection kits and test strips ($10 to $40) that change color with CO present may confirm a problem, but most important is fixing the appliance and improving ventilation, as Murdock did. Make sure chimneys, flues, and filters aren't blocked or cracked. Vents and draft-assist fans help prevent backdrafts in flues.

Radon. You wouldn't allow a nuclear waste dump in your basement. Yet millions of American basements are dumping grounds for radioactive radon, the second leading cause of lung cancer behind smoking.

Radon is insidious. It cannot be seen or smelled and does not cause headaches or other symptoms. Yet each year between 5,000 and 20,000 people develop lung cancer from radon exposure, estimates the U.S. Environmental Protection Agency (EPA).

Of all common house toxins, "radon rivals lead as the greatest risk to the average homeowner," says Robert K. McLellan, M.D., medical director at the Center for Occupational and Environmental Health at the Exeter (New Hampshire) Hospital.

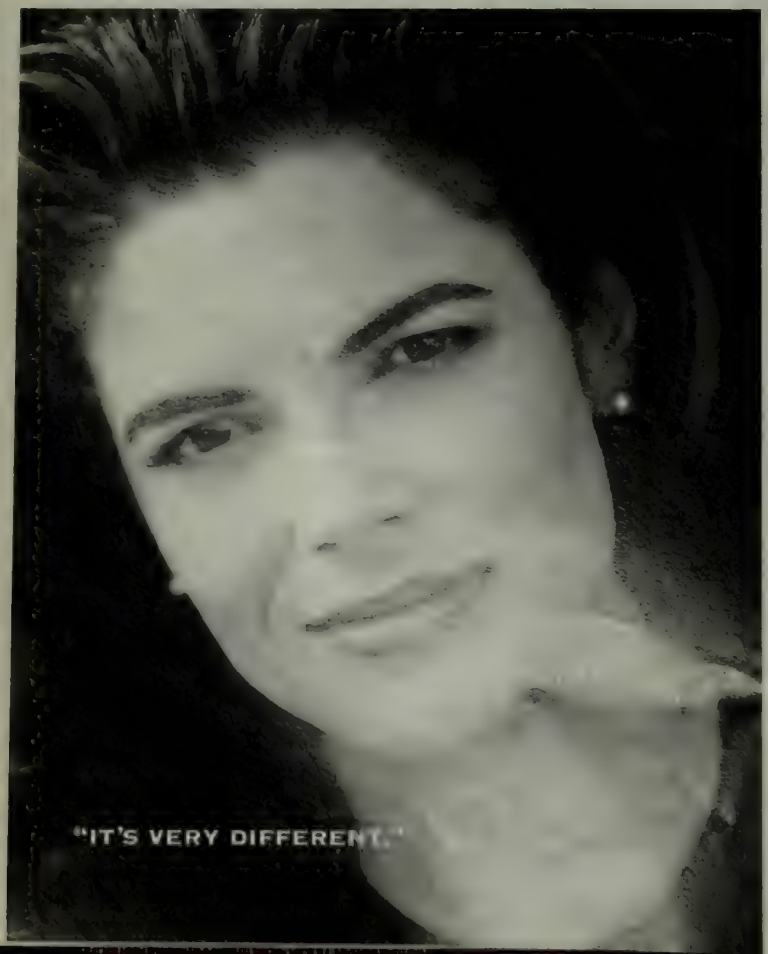
A by-product of natural uranium decay, radon seeps through the ground and generally dissipates into the air. It also can enter basements through cracks and be dissolved into groundwater. Once in the house, radon can build up to dangerous levels that can lead to lung cancer.

The good news is that radon is extensively researched, and you can do something about it. A variety of inexpensive kits ($50 or less) detect radon. Abatement involves sealing cracks, improving ventilation, and installing aeration devices for tainted water.

Asbestos. This natural mineral was banned for residential use in 1978 and for all uses in 1989. In old houses, you can still find asbestos in siding, roofing, acoustic tile, flooring, and hot pipe insulation. Inhaled, its small fibers can cause lung cancer.

"Asbestos products in good shape do not pose a health threat," says Pete Kuzj, Indoor Air Quality consultant for the State of Minnesota's Depart

Always wit





ment of Health in St. Paul. "Products become dangerous when the material is friable—crumbly or easily broken apart with hand pressure." Nonfriable products are a problem only when they are disturbed by scraping, sanding, or chipping.

Asbestos removal usually isn't required, says Kuzj, even when it is friable. "Most asbestos materials can be encapsulated or encased rather than removed," he explains. Many experts regard these steps as jobs for professional asbestos contractors.

Formaldehyde. This substance is less of a problem than it once was, according to Thad Godish, Ph.D., director of the Indoor Air Quality Research Laboratory at Ball State University in Muncie, Indiana. Today, there's less of the worrisome forms of formaldehyde in the adhesives and solvents used in building materials like particleboard and paneling.

Formaldehyde has a pungent smell and irritates the eyes, skin, and throat. Sensitive people suffer asthma, headaches, memory loss, and rashes. High temperatures and humidity worsen the release of the gas, but emission after one year drops 50 percent and over 90 percent in most products between the second and fifth year.

Formaldehyde-containing products are still on shelves and tend to be more prevalent in mobile homes. So ask before you buy. Kits help detect formaldehyde in materials already in your house. If practical, remove or replace these materials. Or treat them, in the case of particleboard, with a sealant, varnish, or paint. Aging the materials in a heated, well-ventilated place helps, as does improving ventilation.

Contaminated well water. A private supply of water may tap a shallow or old, unlined well. These sources of water are commonly contaminated with pesticides, nitrates from fertilizers, organic chemicals, and bacteria from animal wastes—all of which can cause illness. You can get sick from drinking the water or bathing in it, says McLellan.

Check any private supply of water regularly. Your local health department can supply guidelines. If the water is contaminated, sinking the well deeper may solve the problem, says Murdock. You could also use bottled or city water as an alternative.

Biological contaminants. Molds, dust mites, and animal dander can clog indoor air and lead to asthma and allergy attacks. These contaminants flourish in moist or humid settings.

"Mites love carpeting too," Godish adds. "It seemed when I was a boy no one had allergies because the old houses didn't have carpeting."

The most important step in controlling biological contaminants is to control moisture. Don't have your humidifier set so high that moisture—and then mildew—forms on windows. In cold weather, clean your humidifier frequently so mold won't have a chance to form on it. Turn on your dehumidifier and air conditioner in the summer. Repair leaks in the roof or walls. Use your bathroom exhaust fan while showering. Clean shower stalls and other damp surfaces with a mild disinfectant.

Dri-Weave

ACTRESS PORTRAYAL. *DATA VS. OTHER LEADING THICK MAXIS. © P&G 1993

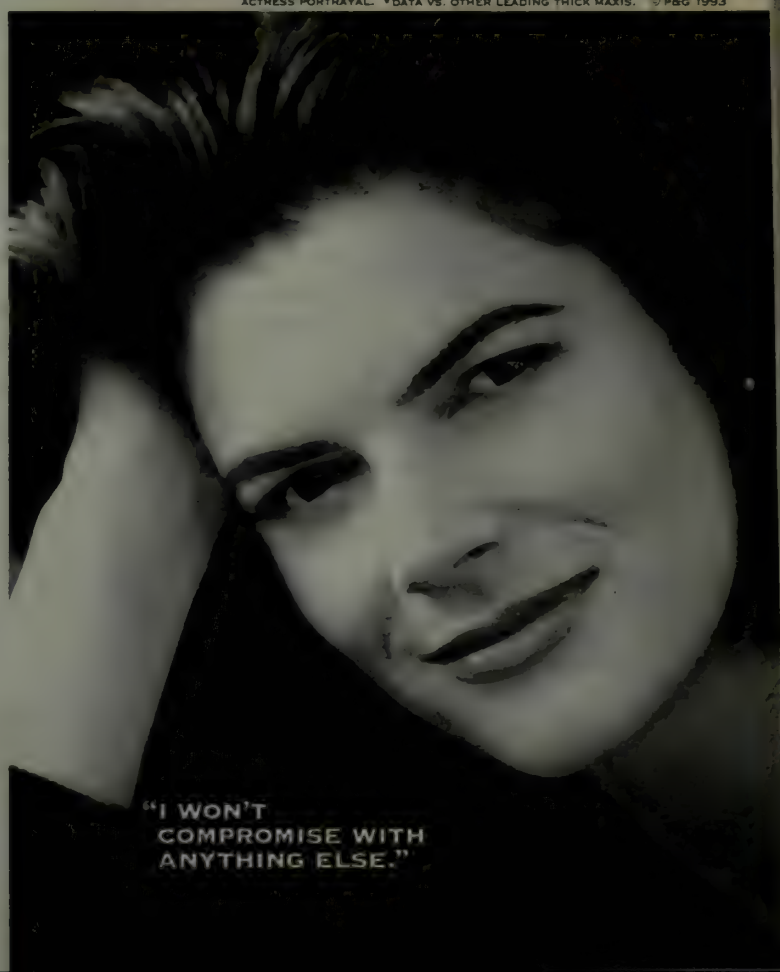
DRI-WEAVE. HOW IT WORKS.

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Don't lose another hair without getting the medical facts

Take 3 minutes right now to learn about your best chance to regrow hair

You've probably been losing your hair for a few years. And you may be concerned. So why not spend a few minutes learning how ROGAINE® Topical Solution (minoxidil 2%) could help you regrow hair. Some of it may get a little technical, but we think it's well worth reading. After all, ROGAINE is the only product ever proven to regrow hair.

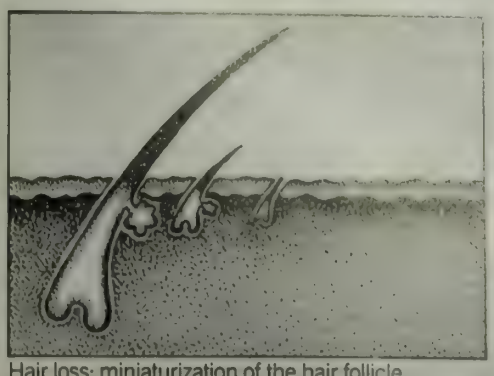
How hair grows

Hair grows from follicles, which are constantly going through cycles. There's a growth phase, which lasts for 2 to 6 years. Then follicles begin a 2 to 6 month resting and shedding phase before a new cycle begins.

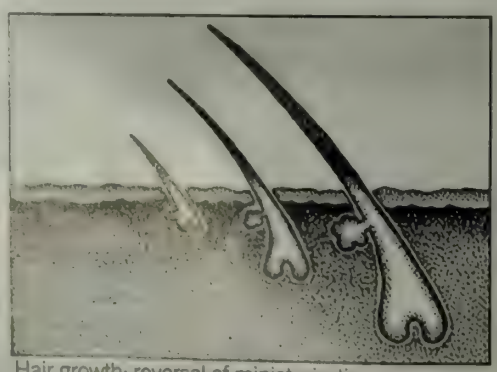
Under normal circumstances everyone loses between 40 and 100 hairs every day when those follicles are in the resting and shedding phase. But female diffuse hair loss (androgenetic alopecia), the most common form of hair loss for women, is different. This form of hair loss causes a steady shrinking, or miniaturization, of follicles. Miniaturization of a follicle results in shortening a hair's growth phase. Over time, hair grows less and less, and rests longer. Eventually, there is no growth at all. The net result is an increasing number of short, thin hairs that are barely visible above the scalp surface.

How Rogaine regrows hair

ROGAINE works in part by partially enlarging miniaturized follicles and reversing the miniaturization process. This prolongs the growth phase, allowing the hair to become longer and thicker.



Hair loss: miniaturization of the hair follicle



Hair growth: reversal of miniaturization

And with more hairs growing at the s time, you may see improved scalp co

No one can accurately predict hov ROGAINE will work for you. However, growth research suggests that patien having a large number of active follic producing hairs at least 3/8 of an inch longer seem to have a better respons therapy with ROGAINE.

Clinical results with Rogaine

Clinical tests were conducted over 8 months by dermatologists at medi centers across the country. Ninetee percent of women using ROGAINE r at least moderate hair regrowth, cor with 7% of those who used a placeb (a similar solution without minoxid the active ingredient in ROGAINE).

By physician evaluation, almost every three women using ROGAINE hair regrowth: 13% had moderate re and 50% had minimal regrowth. Th (37%) had no regrowth. Thirty-nine percent of the women in the placeb were also evaluated to have regrowt

However, when actual numbers newly regrown hairs in the 1-cm² the test were counted after 8 mont treatment, the group on ROGAINE

aged more than twice as much owth (23 more hairs) as the placebo p (11 more hairs).

lequate and well-controlled studies not been conducted in pregnant en treated with ROGAINE; therefore, AINE should not be administered to nant or nursing women. Efficacy in menopausal women has not been ied.

de effects were minimal: 7% of users of AINE developed itching of the scalp. AINE should only be applied to a nal healthy scalp. Do not apply to a urned or irritated scalp.

OGAINE is a treatment, not a cure. So er progress is possible only by using ntinuously to oppose miniaturization. e anecdotal reports indicate that if top using ROGAINE, you will probably the newly regrown hair within a months.

Make a 4 to 6 month commitment to see results

Now that you know how hair grows and how ROGAINE works, it's important that you understand why it takes time to see results. Although ROGAINE may prolong the growth phase, the follicles will continue to cycle. So several cycles may be necessary before you can see a difference in scalp coverage.

While some people see results faster than others, studies show that *at least 4 months of twice-daily treatment* are usually necessary before there is evidence of regrowth. ROGAINE is easy to use—just apply it as part of your daily routine.

Rogaine® TOPICAL SOLUTION minoxidil 2%

Upjohn | DERMATOLOGY DIVISION

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USJ8296.00
January 1993

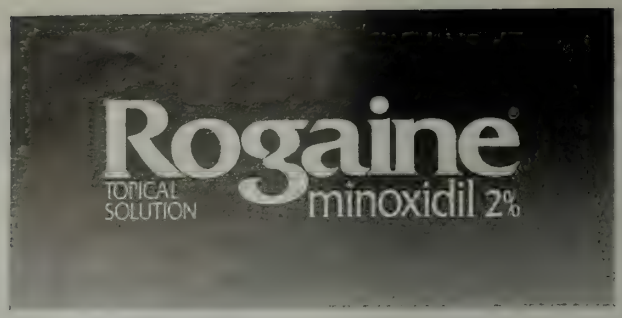
Now that you know what Rogaine can do, you know what to do

Because individual results can vary widely, it's important that you discuss your hair loss with your doctor to understand what you can realistically expect with ROGAINE therapy. Only a doctor can prescribe ROGAINE. So see a *dermatologist or another doctor experienced in treating hair loss* today. Why just accept what nature has handed you when you can fight back?

For more information, a list of doctors in your area who can help you, and a certificate worth $10 as an incentive to visit your doctor, call this toll-free number now: 1 800-234-4714.

Fight back with Rogaine.





The only product ever proven to regrow hair.

What is ROGAINE?
ROGAINE Topical Solution is a prescription medicine for use on the scalp that is used to treat a type of hair loss in men and women known as androgenetic alopecia: hair loss of the scalp vertex (top or crown of the head) in men and diffuse hair loss or thinning of the front and top of the scalp in women.

ROGAINE is a topical form of minoxidil, for use on the scalp. Minoxidil in tablet form has been used since 1980 to lower blood pressure in patients with severe high blood pressure. People who use ROGAINE Topical Solution absorb very small amounts of minoxidil, much smaller amounts than people taking minoxidil tablets for high blood pressure. Therefore, the chance that a person using ROGAINE at the recommended dose would have the same effects as those who take minoxidil tablets is remote. In fact, none of these effects have been causally linked to ROGAINE in clinical studies.

How effective is ROGAINE?
In men: Clinical studies with ROGAINE of over 2,300 men with male pattern baldness involving the top (vertex) of the head were conducted by physicians in 27 US medical centers. Based on physician evaluations of regrowth at the end of 12 months, 39% of the patients using ROGAINE had moderate to dense hair regrowth and 37% had minimal hair regrowth; 11% were rated as having no hair regrowth.

In women: Clinical studies with ROGAINE were conducted by physicians in 11 US medical centers involving 256 women with hair loss. Based on physician evaluations of regrowth after 32 weeks (8 months), 63% of the women using ROGAINE were rated as having regrowth that was moderate (13%) or minimal (50%) compared with 39% of those using placebo (6% moderate and 33% minimal). No regrowth was reported for 37% of the group using ROGAINE and 61% of the group using placebo.

How soon can I expect results from using ROGAINE?
Studies show that the response time to ROGAINE may differ greatly from one person to another. Some people using ROGAINE may see results faster than others; others may respond with a slower rate of hair regrowth. You should not expect visible regrowth in less than 4 months.

If I respond to ROGAINE, what will the hair look like?
If you begin with very little hair and respond to treatment, your first hair regrowth may be soft, downy, colorless hair that is hard to see. After continued treatment, the new hair should become the same color and thickness as the other hair on your scalp. If you start with a lot of hair and respond to treatment, the new hair may be the same color and thickness as the rest of your hair.

How long do I need to use ROGAINE?
ROGAINE is a hair-loss treatment, not a cure. If you have new hair growth, you will need to continue using ROGAINE to keep or increase hair regrowth. If you do not begin to show new hair growth with ROGAINE after a reasonable period of time (at least 4 months), your doctor may advise you to discontinue using ROGAINE.

What happens if I stop using ROGAINE? Will I keep the new hair?
Probably not. People have reported that new hair growth was shed after they stopped using ROGAINE.

How much ROGAINE should I use?
You should apply a 1-mL dose of ROGAINE twice a day to your clean dry scalp, once in the morning and once at night before bedtime. Each bottle should last about 26 to 30 days. The applicators in each package of ROGAINE are designed to help you apply the right amount of ROGAINE with each application. Wash your hands after use if your fingers are used to apply ROGAINE. ROGAINE must remain on the scalp for at least 4 hours to ensure penetration into the scalp. Do not wash your hair for at least 4 hours after applying it. If you wash your hair before applying ROGAINE, be sure your scalp and hair are dry when you apply it. *Please refer to the Instructions for Use* in the package.

What if I miss a dose or forget to use ROGAINE?
Do not try to make up for missed applications of ROGAINE. You should restart your twice-daily doses and return to your usual schedule.

Can I use ROGAINE more than twice a day? Will it work faster?
No. Studies by The Upjohn Company were carefully conducted to find out how much ROGAINE gives the best results. Using ROGAINE more often than twice a day or using more than 1 mL for each dose does not speed up the process of hair regrowth and may increase the incidence of side effects.

What are the most common side effects reported in clinical studies with ROGAINE?
Itching and other skin irritations of the treated scalp area were the most common side effects directly linked to ROGAINE in clinical studies. About 7 of every 100 people who used ROGAINE (7%) had these complaints.

Other side effects, including lightheadedness, dizziness, and headaches, were reported both by people using ROGAINE and by those using the placebo solution with no minoxidil. You should ask your doctor to discuss side effects of ROGAINE with you.

People who are extra sensitive or allergic to minoxidil, propylene glycol, or ethanol should not use ROGAINE.

ROGAINE Topical Solution contains alcohol, which could cause burning or irritation of the eyes or sensitive skin areas. If ROGAINE accidentally gets in these areas, rinse them with large amounts of cool tap water. Contact your doctor if the irritation does not go away. If the spray applicator is used, avoid inhaling the spray.

What are some of the side effects people have reported?
ROGAINE was used by 3,857 patients (3[illegible] in placebo-controlled clinical trials. Except for dermatologic events (involving the skin), no individual body systems appeared to be more common in the minoxidil-treated patients.

Dermatologic: irritant or allergic contact dermatitis—7.36%; **Respiratory:** bronchitis, upper respiratory infection, sinusitis—7.16%; **Gastrointestinal:** diarrhea, nausea, vomiting—4.33%; **Neurologic:** headache, dizziness, faintness, light-headedness—3.42%; **Musculoskeletal:** fractures, back pain, tendinitis—2.59%; **Cardiovascular:** edema, chest pain, blood pressure increases/decreases, palpitations, pulse rate increases/decreases—1.53%; **Allergic:** nonspecific allergic reactions, hives, allergic rhinitis, facial swelling, and sensitivity—1.27%; **Metabolic-Nutritional:** edema, weight gain—1.24%; **Special Senses:** conjunctivitis, ear infections, vertigo—1.17%; **Genital Tract:** prostatitis, epididymitis, vaginitis, vulvitis, vaginal discharge/itching—0.91%; **Urinary Tract:** urinary tract infections, renal calculi, urethritis—0.93%; **Endocrine:** 0.47%; **Psychiatric:** anxiety, depression, fatigue—0.36%; **Hematologic:** lymphadenopathy, thrombocytopenia—0.31%.

ROGAINE use has been monitored for up to 5 years, and there has been no change in incidence or severity of reported adverse reactions. Additional adverse events have been reported since marketing ROGAINE and include eczema; hypertrichosis (excessive hair growth); local erythema (redness); pruritis (itching); dry skin/scalp flaking; sexual dysfunction; visual disturbances, including decreased visual acuity (clarity); increase in hair loss; and alopecia (hair loss).

What are the possible side effects that could affect the heart and circulation when using ROGAINE?
Serious side effects have not been linked to ROGAINE in clinical studies. However, it is possible that they could occur if more than the recommended dose of ROGAINE was applied, because the active ingredient in ROGAINE is the same as that in minoxidil tablets. These effects appear to be dose related; that is, more effects are seen with higher doses.

Because very small amounts of minoxidil reach the blood when the recommended dose of ROGAINE is applied to the scalp, you should know about certain effects that may occur when the tablet form of minoxidil is used to treat high blood pressure. Minoxidil tablets lower blood pressure by relaxing the arteries, an effect called vasodilation. Vasodilation leads to fluid retention and faster heart rate. The following effects have occurred in some patients taking minoxidil tablets for high blood pressure:

Increased heart rate: some patients have reported that their resting heart rate increased by more than 20 beats per minute.

Salt and water retention: weight gain of more than 5 pounds in a short period of time or swelling of the face, hands, ankles, or stomach area.

Problems breathing: especially when lying down; a result of a buildup of body fluids or fluid around the heart.

Worsening or new attack of angina pectoris: brief, sudden chest pain.

When you apply ROGAINE to normal skin, very little minoxidil is absorbed. You probably will not have the possible effects caused by minoxidil tablets when you use ROGAINE. If, however, you experience any of the possible side effects listed above, stop using ROGAINE and consult your doctor. Any such effects would be most likely if ROGAINE was used on damaged or inflamed skin or in greater than recommended amounts.

In animal studies, minoxidil, in much larger amounts than would be absorbed from topical use (on skin) in people, has caused important heart-structure damage. This kind of damage has not been seen in humans given minoxidil tablets for high blood pressure at effective doses.

What factors may increase the risk of serious side effects with ROGAINE?
People with a known or suspected heart condition or a tendency for heart failure would be at particular risk if increased heart rate or fluid retention were to occur. People with these kinds of heart problems should discuss the possible risks of treatment with their doctor if they choose to use ROGAINE.

ROGAINE should be used only on the balding scalp. Using ROGAINE on other parts of the body may increase minoxidil absorption, which may increase the chances of having side effects. You should not use ROGAINE if your scalp is irritated or sunburned, and you should not use it if you are using other skin treatments on your scalp.

Can people with high blood pressure use ROGAINE?
Most people with high blood pressure, including those taking high blood pressure medicine, can use ROGAINE but should be monitored closely by their doctor. Patients taking a blood pressure medicine called guanethidine should not use ROGAINE.

Should any precautions be followed?
People who use ROGAINE should see their doctor 1 month after starting ROGAINE and at least every 6 months thereafter. Stop using ROGAINE if any of the following occur: salt and water retention, problems breathing, faster heart rate, or chest pains.

Do not use ROGAINE if you are using other drugs applied to the scalp such as corticosteroids, retinoids, petrolatum, or agents that might increase absorption through the skin. ROGAINE is for use on the scalp only. Each 1 mL of solution contains 20 mg minoxidil, and accidental ingestion could cause unwanted effects.

Are there special precautions for women?
Pregnant women and nursing mothers should not use ROGAINE. Also, its effects on women during labor and delivery are not known. Efficacy in postmenopausal women has not been studied. Studies show the use of ROGAINE will not affect menstrual cycle length, amount of flow, or duration of the menstrual period. Discontinue using ROGAINE and consult your doctor as soon as possible if your menstrual period does not occur at the expected time.

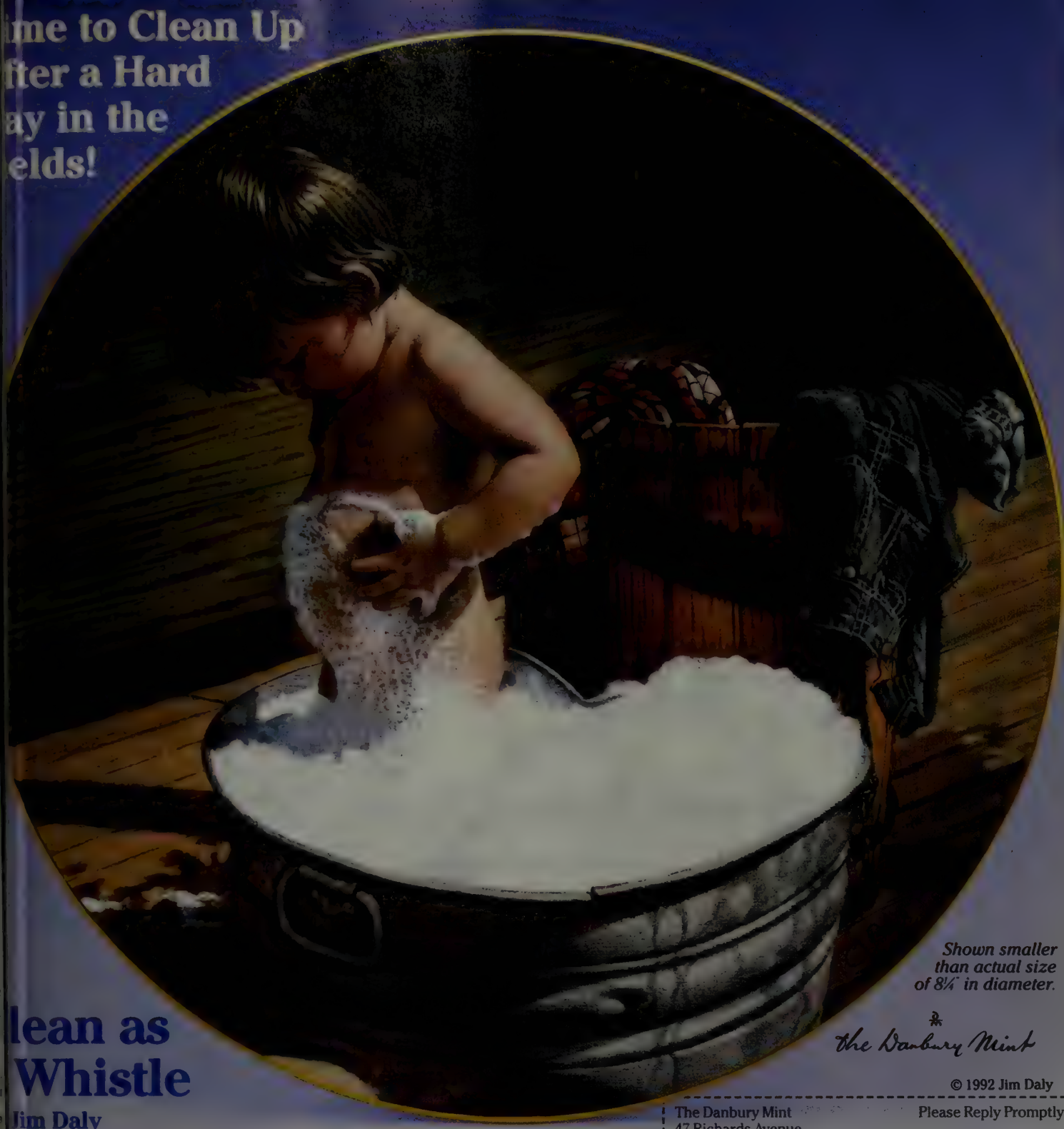
Can ROGAINE be used by children?
No, the safety and effectiveness of ROGAINE has not been tested in people under age 18.

Caution: Federal law prohibits dispensing without a prescription. You must see a doctor to receive a prescription.

Upjohn | DERMATOLOGY DIVISION

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me to Clean Up fter a Hard ay in the elds!



Shown smaller than actual size of 8¼" in diameter.

the Danbury Mint

© 1992 Jim Daly

lean as Whistle

Jim Daly

imited-edition collector plate trimmed with 23kt gold

e is always a magnetic attrac- between dirt and little boys. in the days when the family ed the land, even the young were busy in the fields. At day's supper was not served until you clean as a whistle!

ow the irresistible charm of this algic scene has been captured on celain collector plate by artist Daly. A native of Oklahoma, Daly ializes in evoking the warmth of life in simpler times.

A Limited Edition

n as a Whistle" is appearing on lector plate *for the very first time*. hand-numbered plate, exclu- y available from the Danbury Mint, will be accompanied by a personalized Certificate of Authenticity. The edition size will be limited to 75 firing days. As a finishing touch, each plate will be trimmed with 23kt gold, and the price is just $26.95.

No Obligation—No Risk

As an owner of "Clean as a Whistle" you will have our *Guarantee of Satisfaction*. You may return your plate within 30 days for replacement or refund.

We anticipate an unprecedented response to Jim Daly's tribute honoring our American boys. "Clean as a Whistle" captures one of life's simple pleasures in vivid detail. Act now to avoid delay or disappointment, send your reservation today!

The Danbury Mint
47 Richards Avenue
P.O. Box 4900
Norwalk, CT 06857

Please Reply Promptly

Limit: two plates per collector

Please accept my reservation for **"Clean as a Whistle."** I wish to reserve ___ (1 or 2) plate(s). I need send no money now. I will pay for each plate in two convenient installments of $14.95* each, with the first billed prior to shipment.

*Includes $2.95 per plate for shipping and handling, plus any applicable sales tax.

☐ Charge each plate in full upon shipment to my:
☐ VISA ☐ MasterCard ☐ Discover ☐ Am. Ex.

Credit Card No. _____ Exp. Date _____

Signature: _____

Name: _____
Please Print Clearly

Address: _____

City: _____

State/Zip: _____

Name for Certificate(s) of Authenticity (if different from above)

BYP Allow 4 to 8 weeks after initial payment for shipment.

HEALTH UPDATE

MEDICAL NEWS YOU CAN USE



BUYING KID-SAFE ART MATERIALS

Look for the label

Budding Mary Cassatts and Pablo Picassos deserve only the safest art materials. But how do you know that the paint you're considering is safe in a youngster's hands? Just look on the label for the ACMI nontoxic seal.

ACMI (Art & Craft Materials Institute) certifies that art materials meet federal standards for proper labeling. Nontoxic materials carry one of three ACMI seals.

Two of the seals are circles that include the words AP NONTOXIC *or* CP NONTOXIC. Both indicate that the materials have been tested and found to be nontoxic to adults and children even if misused; the CP (certified product) signifies that the item meets specific requirements for ingredients, color, and other qualities. AP (approved product) is used where ingredient certification isn't necessary.

The third seal is a square that reads HEALTH LABEL. Products bearing this seal also are nontoxic unless the seal is accompanied by a notice that reads: "WARNING: CONTAINS [ingredient list]."

For more information on the safety of art materials and a list of certified products, write: ACMI, Dept. BHG, 100 Boylston St., Suite 1050, Boston, MA 02116. Or call 612/426-6400.



Give your heart a break: take a break from your Type A lifestyle. De-stressing could save your life.

HEALTHY HEARTS AND MINDS

Calm down!

Hard-charging, intensely competitive folks have more to worry about than missed deadlines. New research offers a clue about why such Type A people have more heart attacks.

JoAnn E. Manson, M.D., reports that Type A's have lower amounts of heart-helping HDL-cholesterol in their blood. This may account for the higher incidence of heart disease in Type A folks—a 50 percent higher risk in Dr. Manson's study.

Do you have a Type A personality? Here's a mini-test, based on criteria used by Dr. Manson. You're a Type A if you:

- continuously try to meet many poorly defined goals
- cherish competition
- show a strong need for recognition and advancement
- are preoccupied with time
- [illegible] intense concentration and [illegible]
- [illegible]sily angered.

For those who see their reflection here, Dr. Manson suggests reducing heart risk factors (stop smoking, get more exercise, and keep blood pressure and weight under control). Also helpful: stress reduction instruction; ask your doctor, hospital, or health club. Just don't be late for class!

ADDING BONE ADDS UP

Young women, take note

A woman's bones don't stop growing once she has reached full height. A new study shows that women add bone mass throughout their 20s. A diet rich in calcium will help these women avoid bone fractures late in life.

The study was led by Robert R Recker, M.D., of the Center for Hard Tissue Research at Creighton Medical School in Omaha. Dr. Recker's researchers found evidence that bone building continues until age 30 or so in women. Women tend to lose bone after menopause. The denser a woman's bones before menopause, the less likely she is to develop osteoporosis, the brittle-bone disease responsible for many broken bones in older people.

Especially noteworthy in the study was the fact that bones in the spine could increase in density. That's important because fractures of the spine can lead to a humplike deformity just below the shoulders.

continued on page 8

What was great cereal back then...



Grains kept whole were enjoyed for the rich, hearty taste.

s Great Grains® now.

oday, Post® brings back greatness of natural grains t whole: grains that aren't ped like most other cereals. Grains® is a hearty cereal of le wheat, oats and barley... ious with pecans, dates and ins. It's today's great taste.



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HEALTH UPDATE

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Dr. Recker's study highlighted protective measures young women can take. For starters: moderate exercise and adequate calcium intake. (Dr. Recker recommends 1,000 milligrams per day for nonpregnant adult women, 1,400 milligrams per day for pregnant women, teens, and women in their 20s.) Oral contraceptives also boosted bone mass among the group of women being studied.

As important as bone-building is for young women, it is even more critical for teens, says Dr. Recker. Those are the years where the bulk of bone is added. Parents would do well to encourage sound nutrition and exercise for their teen youngsters.

NIGHT SHIFT NEGATIVES

You never adjust

It's no surprise that night workers have trouble adjusting to their schedule. Few maintain their regular sleep/wake cycle on their days off. Night workers often don't want to miss out on the social activity available during the day. As a result, three-quarters of night workers report on-the-job sleepiness, and 20 percent admit to falling asleep.

According to N. A. Hilliker of Deaconess Hospital Sleep Disorders and Research Center in St. Louis, 5–15 percent of the population has the most difficulty adjusting to the night shift. Larks—people who feel best first thing in the morning—are profoundly sleepy during the night shift hours. Though night working larks sleep as much as day workers, their sleep is probably of lower quality.

If you're a lark on night owl duty, make up in quantity what your sleep lacks in quality, says Hilliker. To improve the quality, guard yourself from interruptions such as phone calls.

HELPFUL GUIDES TO MEDICAL CARE

Questions to as

Finding quality me… never simple. The ke… ing to the Joint Commission … creditation of Healthcare Orga… tions, is to ask the right questions. T… Commission's series of helpful bro…



chures leads you in the right direction.

Each of the brochures addresses one type of health care. Inside, you'll find a checklist of questions you can ask when comparing providers. For example, the guide to home health-care services includes the questions, "Does the agency have a written description of its services and fees? What resources does the agency provide to help you find financial assistance?"

The brochures address: home-care services, mental health care, long-term care, ambulatory care (outpatient care), and hospital care.

For a free copy of any or all brochures, send a self-addressed, business-size envelope with 58 cents postage affixed, to: Helping You Choose Brochures, Customer Service Center, Dept. BHG, Joint Commission, One Renaissance Blvd., Oakbrook Terrace, IL 60181.

FORMULA FOR MICROWAVING

For your baby's sake, do it right

Never microwave baby's formula in a glass bottle … use the glass can crack. That's … of the safety tips developed by … researchers.

According to Madeleine Sigman-Grant, Ph.D., R.D., an assistant professor in the Department of Food Science, the common practice carries some risks. Microwaves tend to heat unevenly. In one test, formula at the top of the bottle reached 113 degrees, while the sides, middle, and bottom remained about 86 degrees.

Commercially-available glass bottles absorb microwaves and can heat up and fracture; colored plastic bottles also are unsafe in the microwave. Clear plastic nursing bottles, however, allow the microwaves to pass through easily and carry less risk of breakage.

Dr. Sigman-Grant and her coworkers suggest the following guidelines for safe microwaving:

- Use clean, uncapped, clear plastic bottles (without liners)
- Heat only refrigerated formula, and never less than 4 ounces
- Stand the bottle upright in the oven
- Heat 4 ounces on high up to 3(seconds; 45 seconds for 8 ounces
- Remove the bottle when heated, apply a nipple and cap, and invert the bottle 10 times to distribute the heat
- Test the formula on the back o your hand; the ideal temperature, 9 degrees, will feel cool to the touch
- Use immediately; discard leftovers

continued on page 8



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What every woman should know about the prostate.



What and where the prostate is

nly men have a prostate. It's a t-sized gland located at the base bladder. It surrounds a part of ethra, the tube that carries urine he bladder through the penis to elled.

he prostate plays an important reproduction. It supplies the fluid that helps transport through the penis during ejaculation. The prostatic fluid also aids conception by providing support and nourishment for the sperm and helping to make the vaginal canal less acidic.

What an enlarged prostate is

In most men, after age 45, the prostate starts to enlarge and may continue to enlarge for the rest of a man's life. This growth may be benign prostatic hyperplasia (BPH), a noncancerous condition. A major cause is the activity of a key hormone.

By itself, benign prostate enlargement isn't a problem. But as the prostate continues to grow, it can squeeze the urethra (like pinching a straw) and interfere with the normal flow of urine, causing uncomfortable and embarrassing symptoms.

Benign prostate enlargement is a common medical finding in older men. However, not every man develops the condition, and in those who do, it is not always progressive.

The urinary symptoms of an enlarged prostate

Among the symptoms commonly associated with an enlarged prostate are more frequent urination, especially during the night, or the sudden, almost uncontrollable urge to urinate. The added pressure on the urethra can also cause a weak, interrupted urine stream, a sense of the bladder not emptying completely, leakage, and difficulty in starting urination. It can even result in total blockage, a serious condition.

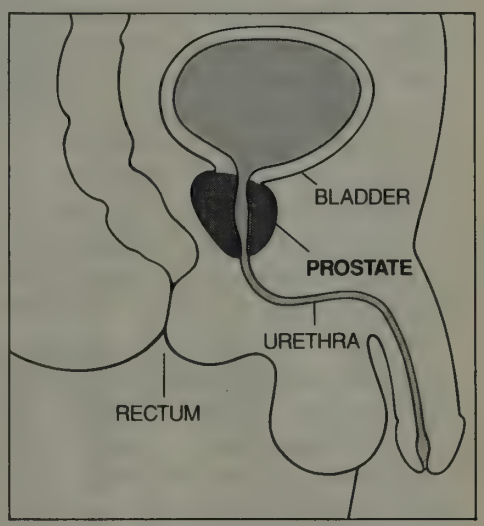
Why the doctor should be consulted

Symptomatic benign prostate enlargement can be helped. Recent advances in treatment have been made, and today the doctor has several options. So now, more than ever, is an excellent time to consult the doctor. He and his doctor should discuss which treatment option would be best for him.

If a man experiences any symptoms, he should see his doctor and speak frankly about the problem. A simple rectal examination enables the doctor to feel, with a gloved finger, the size and condition of the prostate. This exam, and other tests the doctor may recommend, will also help to rule out the possibility of prostate cancer. Benign prostate enlargement is not cancer and does not turn into cancer.

Why we're telling you as well as him

As a rule, most men just don't see their doctors regularly. And they're especially sensitive when it comes to prostate problems, believing that dealing with them could affect their sex lives. So, it's probably up to you to get him to see a doctor and to help him understand that prostate problems don't have to interfere with living his life to the fullest.



The prostate is located at the base of the bladder. It surrounds a part of the urethra, the tube that carries urine from the bladder through the penis. As the prostate enlarges, it can squeeze the urethra and cause urinary problems.

That's what every man should know. And what every woman should tell him. For a free booklet with more information, call 1-800-635-4452.

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HEALTH UPDATE

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WHY PREGNANT WOMEN SHOULDN'T TAKE THE HEAT

It's bad for baby-to-be

Pregnant women ought to pass on the hot tub until they've delivered. A new study shows that women with at least two exposures to high temperatures face a greater risk of delivering a baby with a birth defect.

Researchers at Boston University School of Medicine interviewed 22,754 women. Problems arose more often in women who were exposed to high heat—saunas, hot tubs, or fever—during the first eight weeks of pregnancy. These women were more likely to deliver a baby with a neural tube defect (a defect of the brain or spinal cord), according to study leader Aubrey Milunsky, M.D. Spina bifida is among the most common such birth defects.

In the general population, neural tube defects affect 1–2 births per 1,000. Infants born to mothers with two heat exposures early in pregnancy were three-and-a-half times more likely to have such a defect than babies of unexposed mothers; three heat exposures raised the chances seven-and-a-half times.

FREE MEDICAL CARE

For those in direst need

Do you know someone unable to afford medical care? Then tell them about the Hill-Burton program. Under this plan, individuals and families earning up to twice the federal Poverty Income Guidelines may qualify for free medical care at selected hospitals, nursing homes, clinics, and other health facilities.

Hill-Burton is a federal program that gives money to health-care facilities for construction and renovation. In return, these facilities agree to supply a "reasonable" amount of free or low-cost care to eligible families. Currently, 2,200 facilities take part in the program. The only catch: once a health-care organization fulfills its legal obligation, it can stop offering the care. Also, some facilities limit the range of services they provide.

The cost to people using the program varies depending upon income. Some will pay nothing, others a portion of their bill. But if you qualify, you can apply for benefits at any time, even after you've received the medical care at a participating facility.

To obtain benefits under Hill-Burton, you must apply at a participating facility. To find ones in your area, call toll free: 800/638-0742; in Maryland, 800/492-0359.



NEW FOR CPR

Dial first, then act

If you witness an adult having a heart attack, call 911 (or your area's emergency number) before beginning cardiopulmonary resuscitation (CPR). That's the latest recommendation of a national study group. The new advice applies when you come upon an unconscious, unresponsive adult. In the past, experts recommended starting CPR, then calling for help—and that advice stands when the victim is a child. (If you have a helper, you can do both immediately.)

The change in strategy reflects the latest research. Studies show that the earlier a failed heart is restarted, the better the odds for survival. Minutes count, and emergency personnel are best able to get the heart going.

Another change in adult CPR involves blowing air into the victim's lungs. The new way is to take 1.5–2 seconds to fill the lungs; the old way suggested taking 1–1.5 seconds.

If you haven't had CPR training in a while, or have never taken such training, now is an ideal time to sign up. The procedure is easy to learn, and a lifesaver when combined with prompt emergency care. Contact your local Red Cross for class locations.

TREATING AN UNMENTIONABLE PROBLEM

Important advice for women

Now that women can pu chase over-the-count remedies for yeast infections, there no need to see a doctor, right? Wron Not all vaginal infections are caus by yeast, and until you've learned t difference, it's important to get a do tor's opinion.

Vaginal infections affect most wor en at one time or another. Symptor include itching, burning, and a thic white discharge from the vagina. M often the cause is a form of yeast. true yeast infection is readily treat with over-the-counter remedies.

Unfortunately, other infections c mimic a yeast infection and aren't easily treated. For example, bacter vaginosis, the second most comm vaginal infection, requires prescrib antibiotics. Stephanie H. Pinc M.D., who chairs the Department Dermatology at State University New York in Buffalo, urges women see their doctor the first time they counter any vaginal infection. S notes that after initial diagnosis, wo en can frequently self-diagnose fut yeast infections. Any infection wh the symptoms are even slightly dif ent from previous infections sign the need for another office visit.

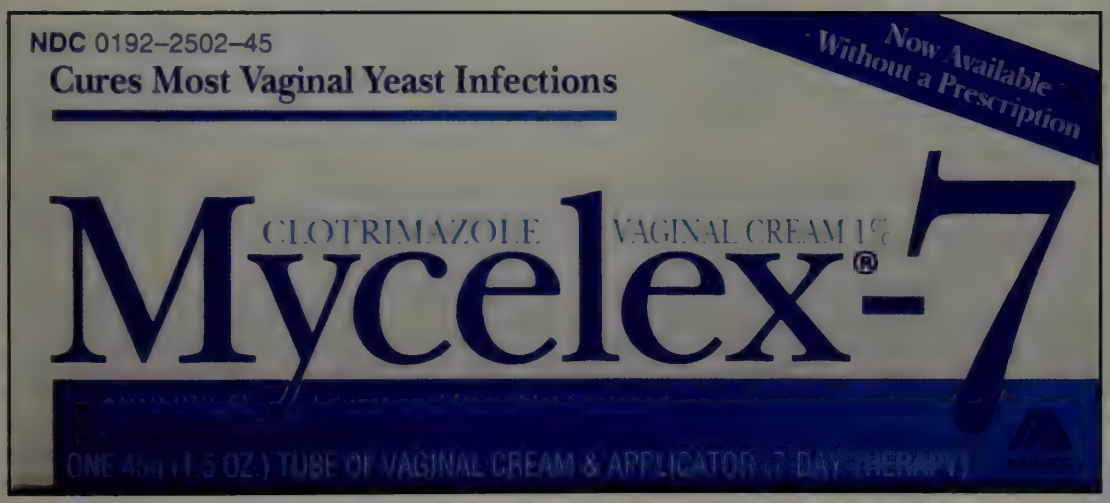
On a related note, if home tre ment doesn't seem to work, or i yeast infection keeps coming back, your doctor. Although rarely ca for undue alarm, recurrent yeast in tions can be caused by HIV, the vi responsible for AIDS. Most of time, however, the problem can traced to other causes, including p nancy and diabetes.

"Finally a cure for vaginal yeast infections at a price I like."



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Mycelex®-7 is today's newest vaginal yeast infection cure. It's made with clotrimazole, the same prescription strength ingredient as in Gyne-Lotrimin®. Yet Mycelex®-7 is available at a price you'll like. Why would you buy anything else?

If this is the first time you have had vaginal itch and discomfort, consult your doctor. If you've had a doctor diagnose a vaginal yeast infection before, use as directed.



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PROTECT YOUR VOICE

Use it, but don't lose it, this winter



Winter finds many people at a loss for words, says Robert Ossoff, D.M.D., M.D., professor and chair of the Department of Otolaryngology at Vanderbilt University Medical Center. Blame the weather, colds and flu, parties, or cheering for your favorite winter sports team.

Here's how to stop the hoarse before it gets out of the barn, and what to do if trouble still rears its ugly head.

Anatomy of a bad voice. Vocal-cord irritations lead to swelling and, sometimes, small bumps, which prevent the cords from working properly. This is what causes your hoarseness or voice loss.

The list of potential irritations stretches on and on. Common ones include: dry air, colds and allergies, tobacco smoke, alcohol, caffeine, dairy products and chocolate in some people, and talking in noisy settings.

Dry air and colds are far more common in winter. Even those irritants that seemingly have no season are often more of a factor in winter. For example, with holiday and Super Bowl parties packed into winter, we tend to drink alcohol and smoke more, says Gordon Blood, Ph.D., professor of Communication Disorders at Pennsylvania State University. "To top it off, we drink and smoke in noisy places," he says, and try to be witty over the noise.

"Gimme a (gasp!)" Then there's the dizzying array of school and professional sporting events where we "scream our heads off," says Michael Benninger, M.D., vice chair of the Department of Otolaryngology at Henry Ford Hospital in Detroit. "I have no les than 20 people a season i with voice problems relate to the Pistons games."

Voice-saving tips. Res ing the voice is just one wa to prevent and cure laryng tis. Other tips:

- Humidify your house t about 40- to 50-percent rel tive humidity. Drink eight t ten glasses of water daily t maintain thin, fluid mucu around the vocal cord
- Try to avoid colds.
- Don't drink alcohol or e before bed. This can cause r flux (gastric juices backin up the esophagus to the la ynx). Too much alcohol dri the cords, says Benninger.
- Don't smoke, which deh drates, as do caffeine an chocolate. In some peopl dairy products thicken th mucus and muffle the voice
- Don't scream at sports events. Clap, use noisemake instead of your voice, and pick quieter moments to conver with your neighbors.
- Break the habit of clearing your throat, which is "ve abusive," Blood says. Instead, do a couple of hard swallo or a gentle cough.

Still no relief within earshot? Then see a board-certifi otolaryngologist. He or she may prescribe medication a direct you to a voice therapist to pinpoint and correct b havior that leads to voice loss.

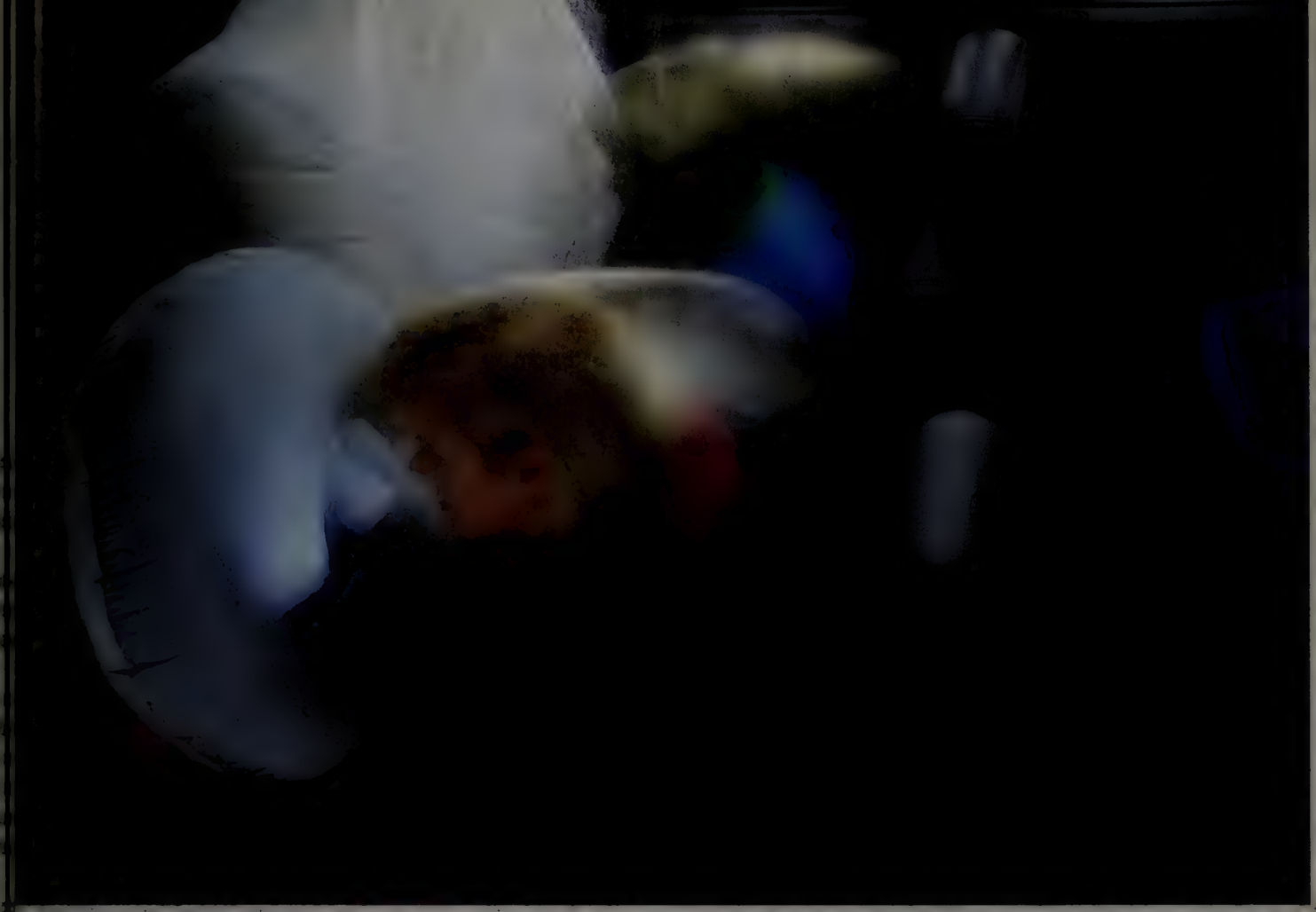
But rest usually does the trick and is probably dire needed. "Often, the voice is a mirror of the whole indivi ual," says Blood. So if you are too stressed out, your voi may tell you.

VOICE VILLAINS

To protect your voice this season, avoid these vocal-cord irritants:

- **Dry air.**
- **Throat clearing. Instead, swall hard a couple of times, suggests D Michael Benninger.**
- **Alcohol, smoking, and caffeine. Alcohol and eating too close to bedtime can cause irritating gastric juices to flow up to the larynx.**
- **Screaming at games and concerts, talking in noisy places.**

protecting your voice, write for the fact shee "Hoarseness." Send a SASE (business-size) to "Hoarseness," The American Academy of Otolaryngology–Head and Neck Surgery, 1 Prince St., Dept. BHG, Alexandria VA 22314.



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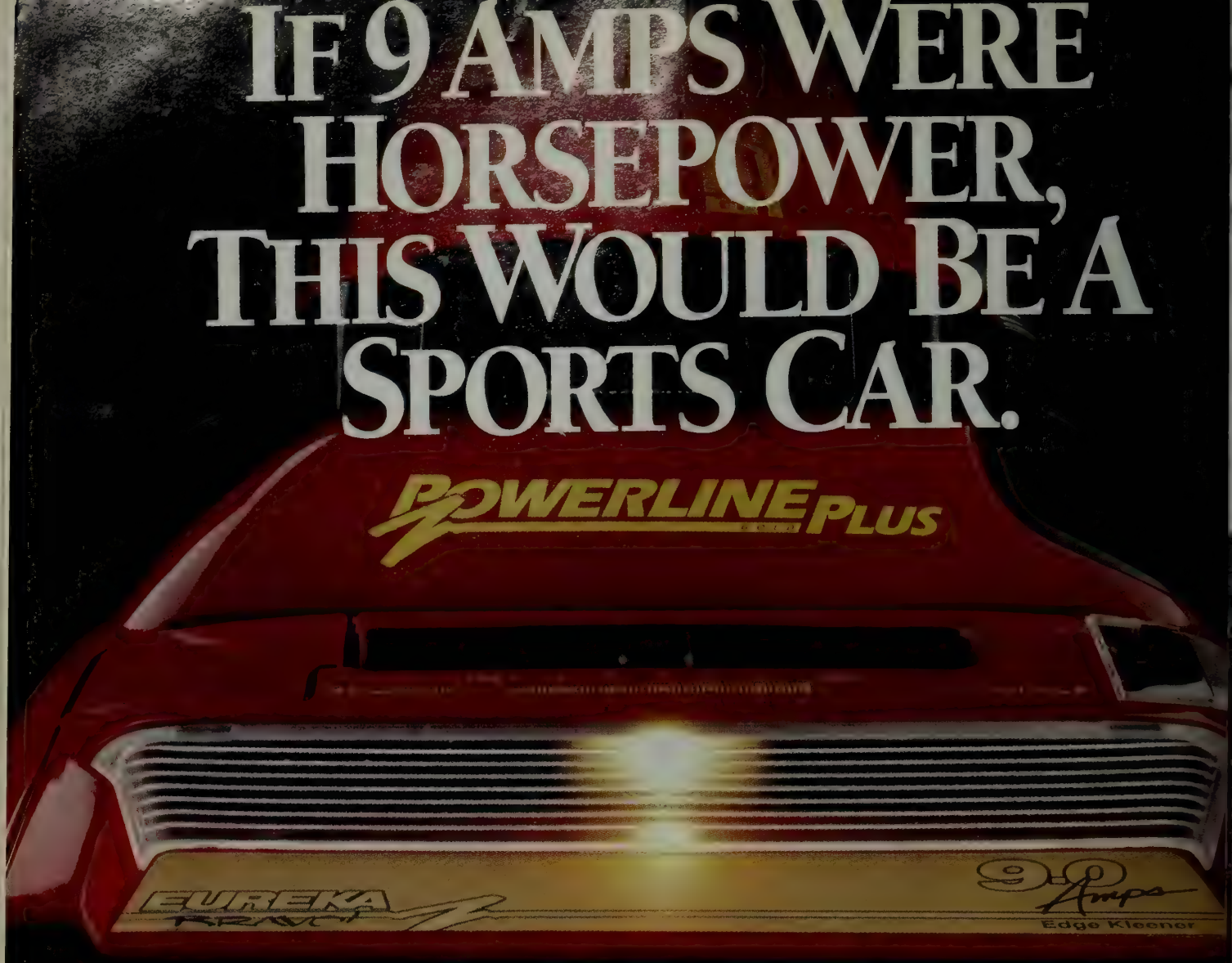
very important half-second, though. But hile the lifesaving benefits of automotive bag systems are well-known, what isn't well-own is that many components, including e bag itself, are all made of plastic. • Of urse, plastic makes a lot of things safe. Like ckaging that keeps medical equipment rile. And harmful medicines out of the nds of children. Plastic wraps and trays that keep food fresh and safe. And shatter-resistant plastic bottles. • To learn more about how plastic can make a world of difference in our lives, just call 1-800-777-9500 Ext. 25, and the American Plastics Council will gladly send you a free booklet. • Because even though some benefits of plastic, like the air bag, may last a mere split second, it may be one your family will remember for a long time.

ome Benefits Of Plastic Last For Only Half A Second.

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Tradition

with a twist



A '90s house with colonial ties... Few housing styles have stood the test of time as well as the New England colonial, and it's easy to see why. This new home near Boston couples bright, airy interior spaces with an honest elegance that comes down to us from our eighteenth-century forebears: clean lines, classically proportioned gables, and the quiet symmetry of twin bays and a columned entry.

BY WILLIAM L. NOLAN

TRADITION WITH A TWIST

Colonial character up front

As in colonial times, the main living spaces are clustered around a central hall. The home's focal point is a graceful staircase backed by tall windows on the landing that pull light into the central hall. Architect Claude Miquelle energized this classic formula by turning the staircase 45 degrees, enlarging the landing, and topping this part of the house (Miquelle calls it the lightrium) with a vaulted, skylighted ceiling.





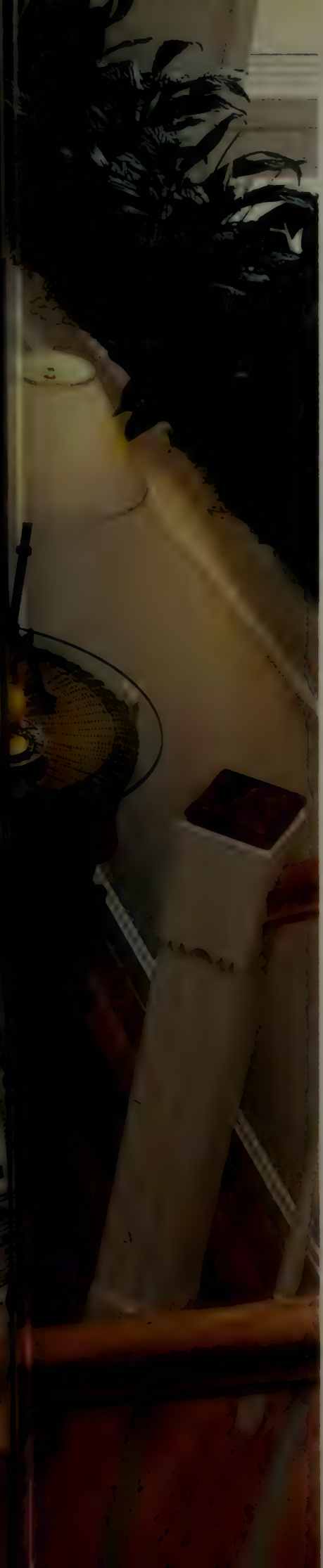
Period furnishings, an Oriental rug, and a brass chandelier in the dining room recall the elegant simplicity of ship captains' homes in colonial New England.

A blazing fire invites the clan to congregate in the family room. Extra room for reading and relaxation awaits on the 7 × 10-foot stair landing at the far end.

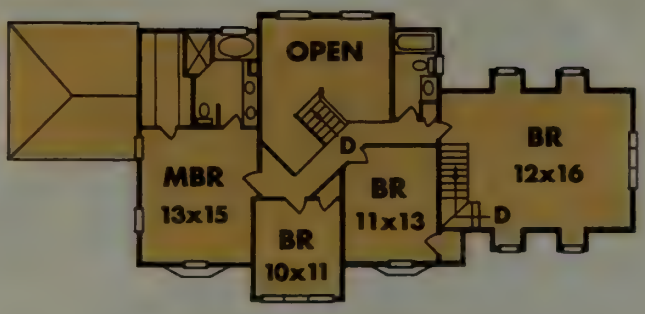


Light cascades into the foyer from tall windows on the stair landing and from skylights above the stair landing. Oak banisters swoop down to meet fluted newels on the angled staircase.





The plan totals 1,912 square feet. Formal areas up front give way to free-flowing family spaces at the rear. A second staircase serves the upstairs bedrooms.





TRADITION WITH A TWIST

A lofty book nook

The reading loft nestles halfway between floors, sharing light and space with the kitchen beneath the high-flying trusses and skylights in the upper hall. Although it has just one outside wall, the loft feels more like a porch or sunroom. A "hedge" of indoor greenery tops the half wall next to the kitchen, and big windows capture full-length vistas of the towering pines outside. Wicker furnishings and a painted sisal rug play up the porchlike feel.

Expanding the stair landing yielded a sunny perch for reading to the kids or savoring some solitude. Big windows grab extra daylight for the stairwell and the kitchen.



High rise drama in the kitchen

Appliances and upper cabinets hug one side of the kitchen, freeing the other sides for big windows in the eating area and above the sink.

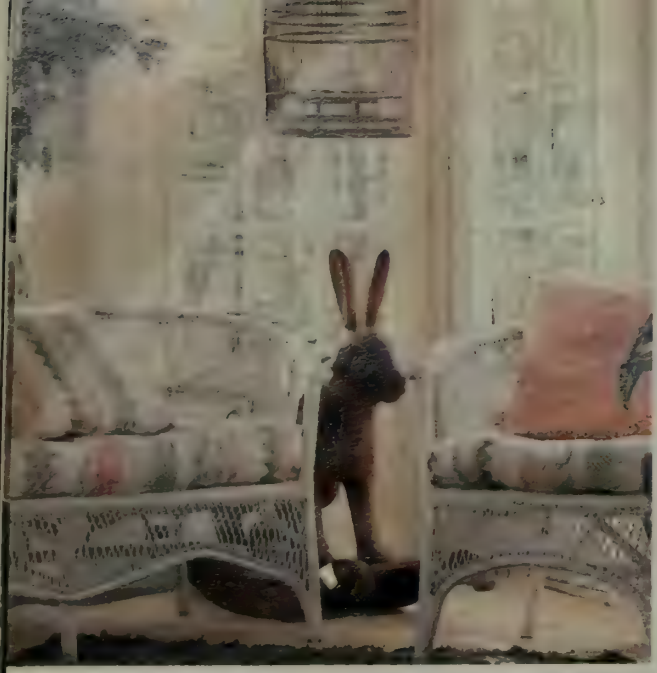
A double row of skylights straddles the roof peak, funneling light into the upstairs hall and down into the kitchen and loft.

The kitchen is as compact as a colonial keeping room but offers the vertical stretch of a New England barn. Built-ins line the inside walls, making way for tall windows over the sink. Raised-panel cabinetry, oak flooring, and a natural-finish table and chairs lend woodsy warmth.

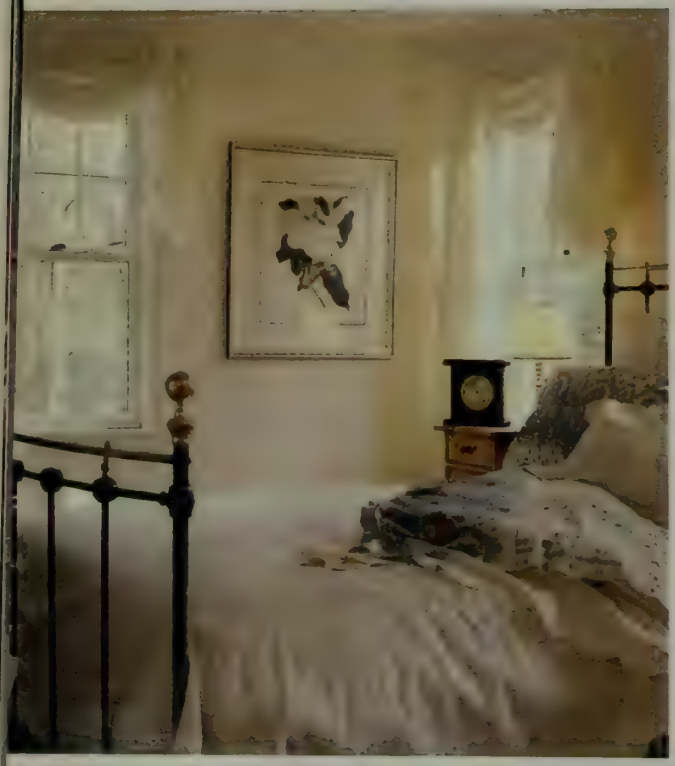
Overhead, airy trusses in the upper hall let daylight spill down from twin rows of skylights. The high ceiling also vents cooking odors and keeps kids within earshot upstairs.







Combination wood doors with authentic divided-light glass panels enclose the three-season porch. One door leads to a large deck at the rear. Sliding doors open from the family room.



Windows on two sides provide good cross ventilation in the master bedroom. Their spare lines and pleasing proportions echo those of the brass-and-iron bedstead.



Windows over the entry porch stairstep into a vaulted ceiling, dramatizing the lofty airiness in the den. This space could double as a sitting room for the master suite or a TV room for the kids.

TRADITION WITH A TWIST

Bonus living space

Skylights and an angled staircase aren't the only features that give this home's traditional design a '90s spin. In colonial times, even the most elegant homes lacked the kinds of bonus spaces we take for granted today, such as TV rooms, three-season porches, master suites, and full basements. Back then, large families and the need for live-in servants committed virtually every square inch to basic living needs—even dimly lit nooks and crannies in the attic. Today's smaller families and laborsaving gadgetry free up some of this space for bonus living areas, affording an extra measure of privacy and flexibility our ancestors never dreamed of.

One such space is the den on the second floor, which can double as a guest room or TV room. Another is the bonus room over the garage, which could accommodate live-in relatives, a home-based business, a playroom, or a hobby center. There's bonus space for outdoor living, too: the three-season porch adjoining the family room, a large deck at one end of the house, and a patio/plant area outside the rear entry.

Buying information on page 124



Until Now, Even The Most Comfortable Recliner Had A Hole In It.

The space between the seat and the ottoman. Lane's new chaise recliner eliminates this and virtually any other problem.



Now there's cushioned head-to-toe support, right down to the critical area behind the knees. a revolutionary new recliner mechanism that assures of smooth, trouble-free operation year after year (and a limited lifetime warranty so you can relax even more).

For a free brochure detailing the advantages of our new recliner, write Action Industries, Inc., Dept. L020, Box 1627, Tupelo, MS 38802. Or for a dealer near you, call 1-800-447-4700.

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CONTINENTAL XL

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Does everything Tilex does...and more! New Vanish Mildew Plus not only removes mildew stains...it cleans soap scum better than Tilex.

Removes mildew stains with bleach. Vanish Mildew Plus works with bleach to wipe out ugly mildew stains. In just minutes those dark, dingy spaces between your tile will look sparkling clean again.

Cleans soap scum with extra cleaning agents. While it's eliminating mildew stains, new Vanish Mildew Plus also attacks soap scum with more cleaning agents than Tilex, to clean soap scum better than Tilex.

Available in convenient trigger spray, and easy pour bottle.



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Sun-splashed baths



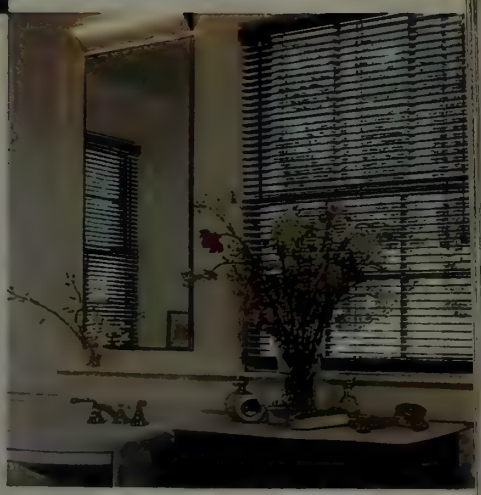


You're not a generic person.

So why put up with a generic bath? Here are three sun-welcoming bathrooms just brimming with character. In each case the colors, textures, and materials evoke delightfully different personal moods.

BY

TOM JACKSON



- **Morning Sunshine** puts the power of glass block and marble to work in lighting up this bath at the first hint of dawn.
- **Evening Elegance** softens sunlight in a serene setting with muted charcoal hues and gently undulating tile patterns.
- **Traditional Charm** brings sunshine through a pediment topped window into a bath filled with antiques.



baths

Morning Sunshine

A wall of light—clear glass on the gable and glass block below—pumps enough sunshine into this bath to jump-start any morning, even the cloudy ones.

The scheme in this bath is to amplify the brightness of even the smallest drop of sunshine. Bright white marble tiles line the countertops and most of the vertical surfaces. The glass-block shower stall allows light to strike deep into the room, but also offers splash control and a modicum of privacy. Two large mirrors face each other on opposite walls—one over the sinks, the other over the tub—and bounce light back and forth and add to the feeling of spaciousness.

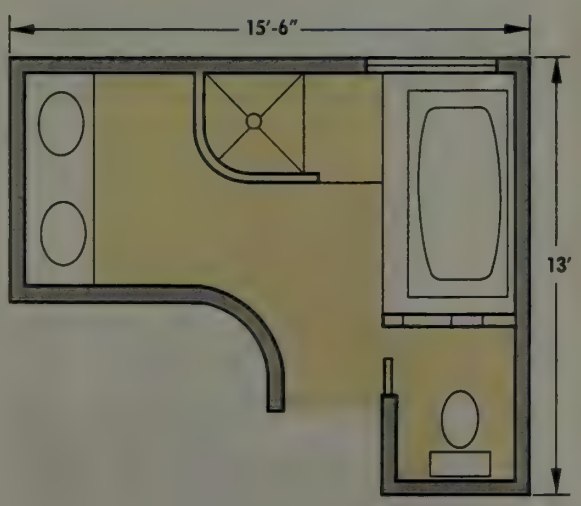
Gray veining in the marble adds a finely filigreed pattern to the walls. On the floor, a dark gray tile brings contrast. The layout is simple and the details few, but the combination of marble and sunshine makes this bath an elegant, eye-opening experience.



Daylight bounces back and forth between the tub-side mirror and its twin over the sinks.



hen light breaks rough these win- ws, the whole om lights up with arkling patterns.



baths

Evening Elegance

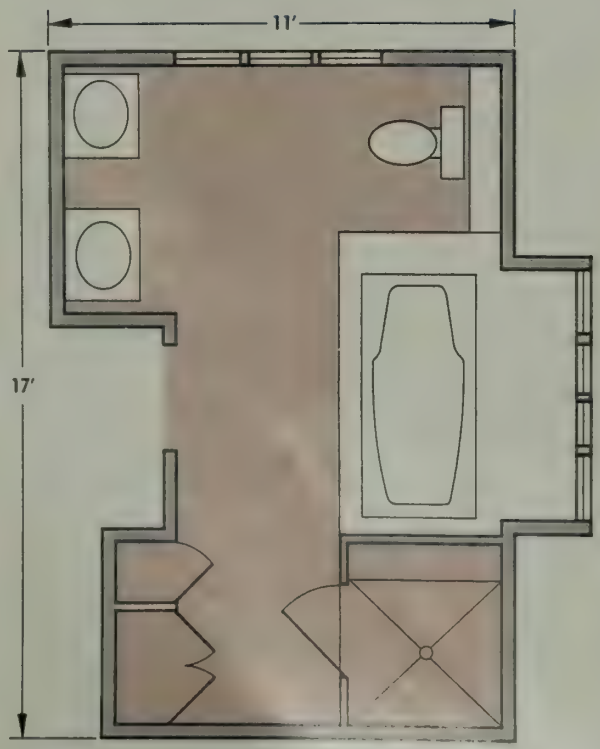
If an evening soak in a serene setting sends your sails aflutter, give this dusky dream bath a spin around the harbor.

To balance the charcoal hue of the tile, the white color from the ceiling is carried down the walls to door-top height. Below that, a white tile trim band wraps around the room. White fixtures and a few chrome highlights complete the balancing act. Up close the ribbed wall tiles and the scalloped bands on the pedestal sinks sparkle with a lively rippling surface appeal.

A bumped out greenhouse window brings in ample daylight. Twin sconces illuminate this space at night. The dark color scheme allows you to change the mood of the bathroom by simply changing the color of the towels or adding fresh flowers.



Touches of chrome and stainless steel add small flashes of brilliance to the matte color scheme. The tile ledges around the tub are perfect places to put plants.





Scalloped edges
the sinks echo
ribbed texture
the tiles. S
toothbrushes,
small knickkn
go on a tile s
above the



A deep greenhouse window creates a dramatic focal point in the bath and brings in light, which shows off the ribbed textures of the tile.



The arrangen
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modern

Furniture can look terrific in the bathroom, if the space is large and the other details lend support. Here the homeowners planned the remodeling around a few favorite family antiques.

For buying information, see page 159.

Traditional Charm

The traditional look can be exported to the bath, and here's proof. The trick is to pick the right elements but not go overboard.

These homeowners planned their bathroom around two favorite furniture pieces—an armoire and a free-standing cabinet. Their contractor tracked down a reconditioned claw-foot tub. Towels air out on an antique quilt rack, and the vintage-looking sinks are actually reproductions of old classics. The perfect wrapping for this period package is the beadboard wainscoting painted a creamy white.

A few modern touches keep the atmosphere light. Glass block lines the front of the showers, and the windows and mirrors form a clean, postmodern arrangement.

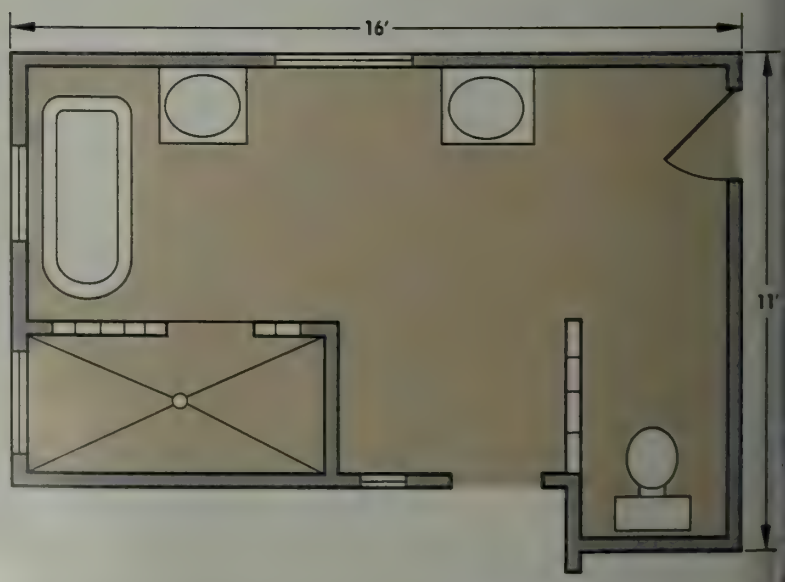




Photo courtesy of Armen Rose
"Roller Bears" #6. K21



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baths

Traditional Charm



The depth of the shower stall makes a shower door unnecessa Glass blocks bring light into the shower stall and add a moder touch to the bath.



Privacy for the commode is provided by this stair-step wall. Slightly different shades of white play up the contrast betwe the beadboard wainscoting and the wall.

SURFACE APPEAL

What it costs to jazz up a bath.

Changing the mood or character of a bath can be as simple as changing your surface materials: flooring, countertops, or tile. Here's a comparison of the products.

● *Marble:* Excellent for baths, marble comes in large sheets or tiles. Costs installed run from $30 per square foot for tiles, to $90 and up for sheets. Colors range from white, to tawny gold, to green, and gray. The veining in marble can make beautiful patterns, but remember that the attractive pattern you see on a sample can be overwhelming when it covers an entire room.

● *Ceramic tile:* There's no end to the colors, textures, shapes, and types of tile available. Ceramic-tile borders and accent pieces look handsome and let you be creative. The installation of tile is within the skill range of the average do-it-yourselfer. Material costs run from a few dollars to $20 per square foot. Installed costs are about double these prices but get considerably higher with more complicated patterns and designs. Again, some patterns look best when used sparingly. Prices range from $1.50 to about $10 per square foot. Pricier varieties are those with no-wax finishes and ingrained rather than printed patterns.

● *Laminate:* If you have a lot of countertops to replace, laminate offers the least-expensive route. Preformed countertops cost from $5 to $25 a running foot. There are hundreds of colors and patterns, so take your time and shop around. New design options include edge treatments that team colored or natural wood accent stripes with beveled or channeled profiles. Color chips and sample edges make it easy to coordinate these new options with your home decor.

● *Vinyl floors:* Replacing a vinyl floor with new vinyl is probably the easiest, least-expensive, and most cost-effective way to change the look of a bathroom. Vinyl tiles are the easiest to handle, but sheet goods will give you a seamless floor.

● *Solid surface:* For creative and sculptural designs, solid-surface materials can be carved into a variety of compound curves and shapes. Costs compare with stone, starting at about $90 a running foot for countertops. Installation usually requires a trained contractor.

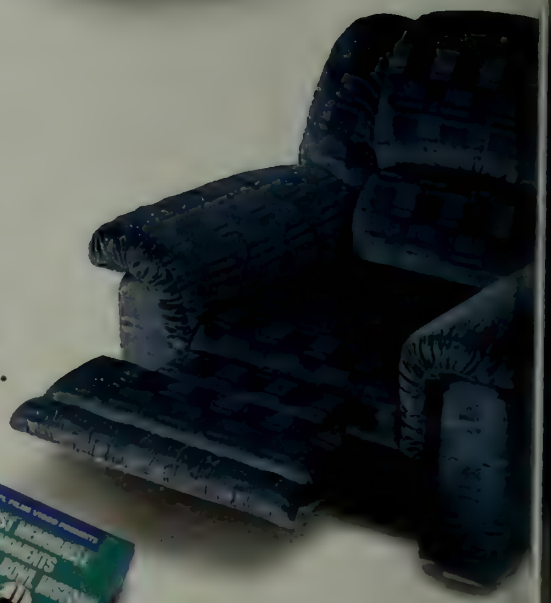
● *Glass blocks:* They admit light, yet preserve privacy. Glass blocks create wonderful grid patterns anywhere they are used. Installed, glass block runs about $25 per square foot. Do-it-yourselfers will find the average 6-inch by 6-inch glass block costs from $3 to $4. Curved or angled corner blocks and curved end blocks are available, as are several different shapes, patterns, and sizes. The weight of glass block can be a concern. You may need extra floor supports if your glass-block wall does not rest on a bearing wall or concrete slab.



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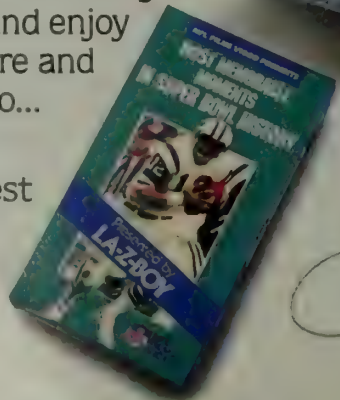
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Genuine LA-Z-BOY FURNITURE

Uptown Country decorating



PHOTOGRAPHS: JUDITH WATTS. FURNITURE: THE LANE CO. AND PEARSON, A DIV. OF THE LANE CO.

BY

SANDRA S. SORIA

AND

REBECCA JERDEE

Happy news from the country! Decorating just got easier. The idea: Pare down, simplify, *relax*. Do what this smartened-up country scheme does—start with solid basics. Like a navy blazer, a striped wing chair walks into an uptown or down-home gathering with equal ease. Ditto for Shaker wood pieces: well-cut and well-*bred*, they're at home anywhere. Sound inviting? Turn the page for more ways to ease up.





Whiten and brighten your outlook. Some schemes get weighed down with dark hues, yards of fabric, and armfuls of stuff. Here the mood lifts when this all-in-one space is lavished with crisp, clean white. Without a chattering backdrop, Lane furniture, carefully picked for its simple beauty and function, does the talking.

When you pare down, size UP. Pint-size objects and mini prints end up lost in space, especially in today's open floor plans. These gutsier geometric fabrics and bold black and white accessories let their presence be known, while their neutral colors keep them from overwhelming mellow woods. A painted floor plays along—its brave design is hushed by an "aged" finish.

Painted floor how-to, page 121.

Uptown Country decorating





Mix the rural and the refined.

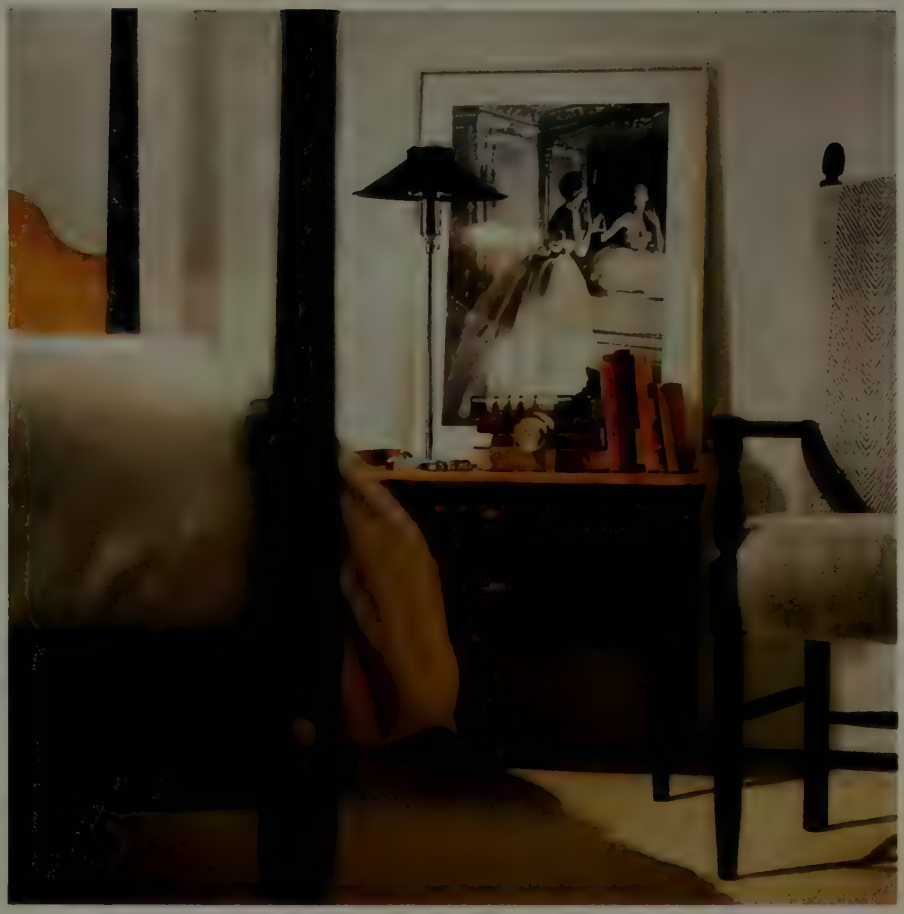
Like a good party, rooms get more interesting with a varied "guest list." For foolproof mixers, stick to pieces with plain and simple lines, such as this unadorned furniture and modern lighting.

Make risk-free decorating investments.

No need to worry about tiring of classics like Lane's Shaker pieces and Pearson's wing chair and sectional upholstery—they adapt to your decorating whims. Here, crisp black and white accents foster a look that's sleek and chic, but the pieces would also live well with hardy plaids or romantic laces. If a painted floor isn't for you, stay on neutral ground with golden sisal or creamy berber carpet.







Wed country warmth and city efficiency. A no-nonsense maple bureau and foot-of-bed chest offer storage without gobbling floor space. The end table turned nightstand lends ample drawers and display in only a few inches more space. These pieces and a slender four-poster leave room for handy seating or, if you prefer, an armoire of electronics for master-suite style. **Get back to nature.** Look outside for clues to simple, unstudied design. The hues and textures of sandy sisal carpet, earthy flaxen fabrics, and unvarnished woods please the senses like a walk along a woodsy stream. And just as in a forest, black frames and furniture work like tree trunks to give the room structure and dramatic height.

Uptown Country decorating



Rediscover life's simple pleasures. Your life may not be simple these days, but your rooms can be. That's why modern-thinking rooms with plain-talking country characteristics have such appeal. Whether you want to warm up a modern room or clean up a country one, in the end, getting back to basics can be as utterly uncomplicated as this Shaker dining grouping from Lane. To do it: Pare your rooms to the things you truly love or need; rediscover the honest beauty of the natural and handmade; and let serenity reign in white-open spaces. In short, trade in fancy frills for simple thrills: a slightly wild meadow bouquet or the untrained swirl of a wood grain.

Buying information, page 159.

Uptown Country

Designs for LIVING

Once in a great while a furniture collection is created that transcends time and fashion to bring lasting beauty and comfort into your home. Broyhill's Fontana Collection combines the best elements of European and American classics to achieve a look full of eclectic charm – we call it "American Casual."

Fontana's clean lines and light finish are at home in contemporary, traditional and transitional settings. The collection combines design options that complement today's lifestyle with Broyhill's reputation for quality – giving you beautiful, versatile furniture that's also a great value.



Smart Buys™ from Broyhill®

THE BROYHILL DIFFERENCE

It's easy to see that Broyhill furniture is great looking, but the quality detailing you can't normally see makes Broyhill an excellent value.



HR (High Resilience) foam is recognized throughout the furniture industry as the highest quality cushioning material available. And that's exactly what you get with Broyhill. That means your sofa cushions will keep their shape and comfort.



Frames engineered for strength and durability utilize sturdy screw and glue-block construction with double and triple dowel joints. These sturdy joints give you furniture that will endure years of everyday use.

For added strength, Fontana incorporates dovetail joints on all drawers. Also, "positive stop" guides mean drawers will slide easily but not tilt or fall out accidentally when fully extended.



These are only construction details that *Fontana purchase an* value for years to come.

The flexibility of Fontana Wall Units lets you create an original configuration to fit the dimensions of your home and meet your particular electronics and storage needs. The Open Unit, Entertainment Center and Door Unit, pictured above, create the look of a custom built-in media center. Matching Corner Units are available for additional display space. The Awning Stripe Sofa, Loveseat and Ottoman bring a casual elegance to the room. A matching Lounge Chair is also available. The Cocktail Table and Commode End Table complete the unified theme.



This stand alone two-piece Entertainment Armoire maximizes areas for TV and video storage while minimizing the need for wall space.

SHOWN ON COVER: China and Corner Back Arm Chair





The Vertical Mirror and Sofa Table bring drama to the foyer, but both pieces are also at home in living areas throughout your home.

Designs for LIVING

Fontana invites you to create a comfortable yet stylish look throughout your home. Wall Units paired with overstuffed upholstery create a comfortable room that brings the whole family together. Classical accessories on a hall console lend sophistication to an ordinary entry and Fontana mixed with your favorite heirlooms creates an indulgent bedroom haven. Whether you seek an updated country look, sleek contemporary, a Southwest feel or a more casual approach to traditional, you'll find Fontana essential in expressing your personal style.





A truly comfortable bedroom can't take itself too seriously. Fontana offers the perfect combination of traditional raised panel doors and intricate carvings balanced by the casual touch of bun feet and wooden knobs. Start with the Panel Bed, add the Landscape Mirror, Triple Dresser and two Night Stands and you'll be ready to mix your favorite heirlooms with contemporary necessities for a bedroom you'll never want to leave.

The Door Chest, pictured at left, provides fabulous storage options for the bedroom, a large bathroom, or living areas.

The signature elements of Fontana – distinctive moldings, beveled panels, carved overlays and bun feet – are evidence of the fine craftsmanship Broyhill is famous for. Multiple finishing steps, including distressing, glazing and hand rubbing, result in a finish that looks great with color schemes ranging from today's fresh pastels to rich jewel tones to traditional taupe or eggshell.

Smart Buys from **Broyhill**®

Designs for LIVING

These are only a few of the looks you can create with Fontana. You'll find this collection is comfortable in country, contemporary and traditional homes. And, for a limited time, Broyhill's Smart Buys pricing makes your Fontana purchase even more comfortable.



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Consumer Assistance Center
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Fontana proves that casual "farmhouse" dinin be stylish. The Farm Table, Server, China, La Back Side Chairs and Ladder Back Arm Chai vide a cozy setting for sharing intimate meals.



With the right accessories, Fontana adapts seamlessly to the new "Lodge Look." Enjoy the rustic comfort of the Sofa, Chair and Ottoman. The Commode End Table, Cocktail Table and Curio are also shown.



The interior lights, mirror back a shelves make the Curio a suitable for your prized collections.

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Smart Buys fro
Broyhi

PTOWN COUNTRY

ontinued from page 116

How to paint a checkerboard floor

The floor on *page 109* is all hecked-out with mellow, faux-rained squares. Here's how to do it:

Scrub floor with steel wool dipped n paint thinner. Hand-sand the floor ghtly along the grain and wash thor-ughly with heavy-duty liquid floor leaner. For floors in poor condition, se a power sander before cleaning.

Wipe floor with lint-free cloths to emove all dust.

Prime entire floor, then paint it ith a warm white deck paint or a ough-wearing enamel. Allow to dry r 48 hours.

Measure and mark the floor in 18-ch-wide strips. Then, measure and ark 18-inch-wide strips in the oppo-te direction to create the checker-oard. Mark alternating checks with n X to make the color pattern.

Select several X'd checks that are ot adjacent to each other; tape them



off with masking tape. Paint taped-off checks with an earthy-colored glaze or thinned oil-base paint.

Work a graining tool (available at paint stores) through the wet glaze or paint with a rocking motion. Work on the bias, from corner to corner (the tool will remove the glaze and leave a pattern on the white base coat). Wipe glaze or paint from graining tool with a cleaning rag. Repeat a strip three or four inches away on either side of the first pattern. Then, with a notched tab of cardboard, "comb" through the still-wet glaze between the rocker patterns to create a continuous wood-grain look. Repeat removal of glaze until square is entirely patterned. Using this procedure, grain the other taped-off squares. Pull away the tape and let dry.

Repeat the taping and graining for several more patches; repeat again until all the checks are filled.

Wipe floor thoroughly with lint-free cloths.

Finish the floor with a clear-drying acrylic urethane.

e company you've counted on for years to protect the things
most valuable to you, now protects those most precious.

QUICK-FIX HOME FACELIFTS



Give your home a new look with an exterior facelift. Here are two examples with dozens of good ideas, large and small, that can make your home look better without extensive remodeling or high costs. In the first example, small, clever details transform a "sawed-off" tract home. The second example gracefully blends an old ranch-style home into its tree-shaded surroundings.

COTTAGE CHARM

Before remodeling, this home was boxy and bland—strictly government issue.

To give the house crisp contrasts, the owners installed black shutters and new dark-gray shingles, and painted the foundation gray and the front door a frisky blue.



Removing the old gable and adding eaves out front transformed the stripped-down tract-house look. A small covered porch with hanging plants, an old-fashioned brass mail

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The security gives you peace of mind, the design gives you ease of installation. Installing Master Lock doorlocks and deadbolts is quick and easy. While most doorlocks require an extra pair of hands, ours actually hold themselves in place while you finish installation. All you need is a screwdriver. No other locks are easier to install. Plus Master doorlocks and deadbolts fit all standard door sizes and are rekeyable to match most other doorlocks. So you can keep the same key even if you aren't replacing all of your locks. And they come with a lifetime warranty.

Look for Master Lock doorlocks and deadbolts. And install the only ones that are Master Lock tough.







Master Lock





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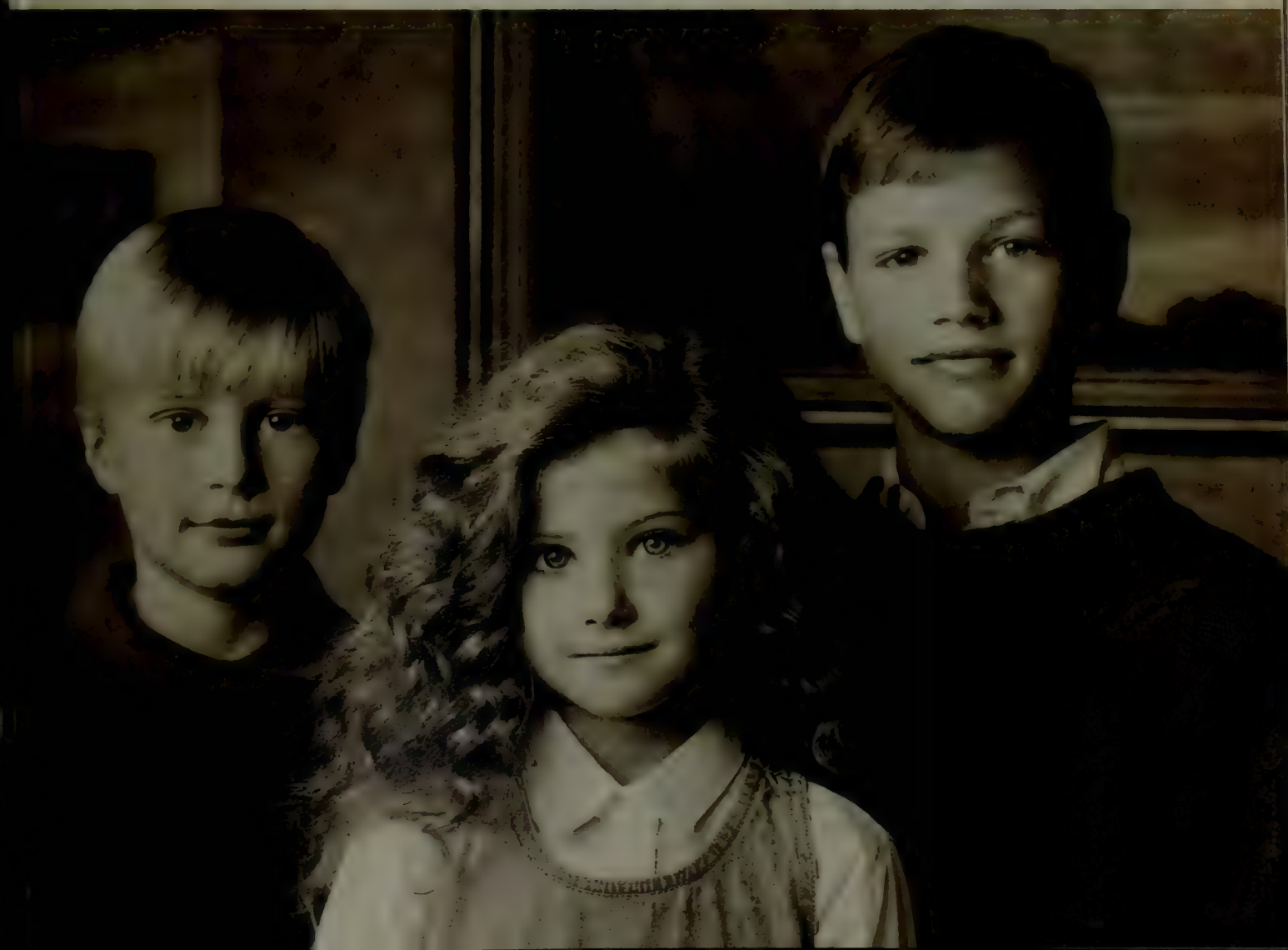
A curved brick landscaping bor-er adds a final small flourish. lants around the house help soften ne line between the home and the ront yard.

RANCH DRESSING

Before remodeling, the white exterior on this classic split-level stood out like a white tornado.

Re-siding part of the house with buff-colored limestone and painting the trim a muted color enhanced the home's friendly, low-key character. New taupe-colored roof shingles completed the subtle earthy color scheme. Wrought-iron posts were removed to emphasize the home's horizontal lines.

A new, low-slung limestone wall across the front creates a visual break between the yard and the home. Stone walls on the side, a stone and wood fence, and a stone planter make the home appear as if it "grew" out of the ground naturally. BH&G

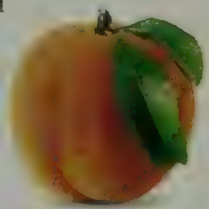


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SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted from the product listing.

GLORIOUS COLOR WITH FLOWERING SHRUBS

Pages 21–28: Flowering shrubs—Carroll Gardens, P.O. Box 310, 444 E. Main St., Westminster, MD 21157; Kelly Nurseries, 410 Eighth Ave., NW, Faribault, MN 55021; Wayside Gardens, One Garden Ln., Hodges, SC 29695-0001; White Flower Farm, Litchfield, CT 06759-0050.

TRADITION WITH A TWIST

Page 89: Roofing—Bird Roofing, 1077 Pleasant St., Norwood, MA 02062. **Double-hung windows**—Caradco Co., P.O. Box 920, Rantoul, IL 61866. **Front door**—Morgan Products, Ltd., P.O. Box 2446, 601 Oregon St., Oshkosh, WI 54903-2446. **Decorative wood shingles**—Shakertown Corp., 1200 Kerron St., P.O. Box 400, Winlock, WA 98596; 800/426-8970. **Pages 90–91: Exterior and interior paint**—Sherwin-Williams; for more information regarding exterior/interior paints in this house, visit your local Sherwin-Williams dealer. **Ivy wreath**—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062; 800/323-5461. **Three-drawer chest**—Domain, 51 Morgan Dr., Norwood, MA 02062. **Area rug in dining room, throw rug in hall**—Stark Carpet Corp., 1 Design Center Pl., Ste. 101, Boston, MA 02210. **Front door**—Morgan Products, Ltd., P.O. Box 2446, 601 Oregon St., Oshkosh, WI 54903-2446. **Brass door hardware**—Schlage Lock Co., 2401 Bayshore Blvd., San Francisco, CA 94134. **Stair parts**—Brockway-Smith Co., 146 Dascomb Rd., Andover, MA 01810. **Prefab fireplace**—Martin Ind., P.O. Box 128, Florence, AL 35631; 800/826-8578. **Windsor rocker, sofa, overstuffed chair**—Crate & Barrel (address above). **Braided rug in family room, area rug in dining room**—Stark Carpet Corp., 1 Design Center Pl., Ste. 101, Boston, MA 02210. **Framed art above fireplace and sideboard**—The Harvard Coop, 1400 Massachusetts Ave., Cambridge, MA 02238. **Chandelier**—Newstamp Lighting Co., 227 Bay Rd., North Easton, MA 02356. **Sideboard**—Domain, 51 Morgan Dr., Norwood, MA 02062. **Soup tureen**—Decorator's Walk Furniture Gallery, 245 Newtown Rd., Plainview, NY 11803. **Marble candlesticks, copper-tubing basket, glass vase**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044; 800/922-5507. **Pages 92–93: Windows**—Caradco Co., P.O. Box 920, Rantoul, IL 61866. **Wicker chair, table, and ottoman**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **Shaker table, table lamp**—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60082; 800/323-5461. **Child's chairs**—Selletto, 244 Newbury St., Boston, MA 02116. **Area rug, coffee mug**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044; 800/922-5507. **Verdigris grasshopper**—Decorator's Walk Furniture Gallery, 245 Newtown Rd., Plainview, NY 11803. **Pages 94–95: Cabinets**—Midcontinent Cabinet Co., Div. of Norcraft Cos., 1 Hartford Sq., New Britain, CT 06052. **Refrigerator, range, microwave oven, dishwasher**—Whirlpool Corp., 2000 US 33 North, Benton Harbor, MI 49022; 800/253-1301. **Countertop and backsplash**—Wilsonart, 600 General Bruce Dr., Temple, TX 76504. **Sink**—Eljer Ind., P.O. Box 879001, Dallas, TX 75287-9001; 800/435-5372. **Framed art**—Waddles Country Store, 574 Washington St., S. Easton, MA 02375. **Table and chairs**—Robbi Staples, 1094 N. Main St., Acushnet, MA 02743. **Skylights**—Velux-America, Inc., P.O. Box 5001, Greenwood, SC 29648-5001; 800/283-2831. **Teakettle, bowl**—Williams-Sonoma, 100 North Point St., San Francisco, CA 94133. **Pitcher, glasses, coffee mugs**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044; 800/922-5507. **Page 96 (top): Divided-light windows/doors**—Brockway-Smith Co., 146 Dascomb Rd., Andover, MA 01810. **Rocking rabbit, willow birdcage**—Decorator's Walk Furniture Gallery, 245 Newtown Rd., Plainview, NY 11803. **Mohair throw**—Linens on the Hill, 52 Charles St., Boston, MA 02114. **Fabric for cushions**

continued on page 159

DECORATE TO SAVE MONEY AND TIME



***Mary Gilliatt's Shortcuts to Great Decorating* offers easy-to-do decorating advice.**

Go ahead with your decorating dreams even if you're low on money and time. For creative, low-cost, timesaving decorating solutions, think revive rather than redo.

As Mary Gilliatt writes in *Shortcuts to Great Decorating,* you can transform a room with special lighting effects, unusual coverings for walls, new takes on old floors, and more. Try these ideas for inexpensive and easy ways to change a room with fabric:

- Warm up a cool-looking room with window treatments in rose, apricot, or red. To give your present curtains a warmer glow, line them with a rose-colored fabric.
- Drape a tired sofa or chair with throws and shawls or a large piece of fabric for an easygoing cover-up.
- Turn your bed into an instant four-poster by attaching poles or piping to the ceiling as a "floating" canopy. Paint the poles white and slide on gauzy white panels.
- Give broken cane-seat chairs a quick "fix" by covering the seat with stong plywood that you've painted. Then put a large cushion on the seat and tie it to the back of the chair.

Mary Gilliatt's Shortcuts to Great Decorating; Little, Brown and Co.; $19.95; 160 pages.

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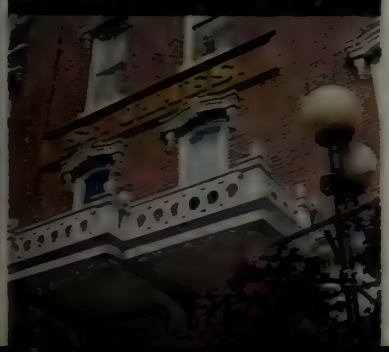


A Taste of Romance from Historic Inns

Pamper yourselves with a little Valentine romance. We've gathered a luscious sampling of dishes from three of the country's most charming historic inns for you to share at home. Savor these delicious recipes for brunch, dinner, or for a sweet, oh-so-sinful splurge. And, should our culinary tour whet your appetite for a more exotic escape, we'll tell you how to find a romantic inn in your area.

by Julia Malloy

St. James Hotel, Red Wing MN



Hotel Hershey, Hershey PA



The Majestic, San Francisco CA



St. James Hotel's

Elegant Brunch

Overlooking the winding Mississippi River stands the proud St. James, an Italianate steamboat inn built in 1875. The riverboat era still lingers about the hotel in the form of ships' helms, tin ceilings, and saloon-style friezes. You may catch riverboat fever yourself after hopping aboard a sight-seeing cruise from the dock near the hotel. Later, spend the afternoon scrambling up the bluffs for a sweeping view of the historic Red Wing Valley or gear up for skiing at Welch Village.



The St. James is renowned for its Sunday brunch. You will be too, once you serve some of the hotel's recipes. To dress up your brunch:

- Before baking, flute the pastry edges high for *Spinach Soufflé Quiche*.
- Turn *Ginger-Marinated Fruit* into a buffet star with a little mint and citrus peel.
- Make *Poppy Seed and Cream Cheese Strudel Sticks* and *Apple-Almond Strudel Sticks* sparkle with sugar, poppy seed, or almonds.
- Save leftover lemon from *Lemon Bread* to make decorative curls and slices. Add a fresh breath of spring with an edible flower.



PHOTOGRAPHS: SUSAN GILMORE FOOD STYLIST: JUDY TILLS CHEF: CHARLES WORTH

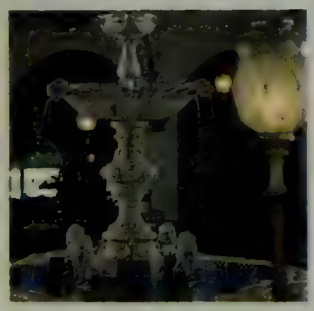


Recipes begin on page 138.

Hotel Hershey's

Fabulous Chocolate Desserts

Hotel Hershey flourishes amid acres of garden paths and golf courses. Built in 1933 by chocolate maven Milton Hershey, the hotel captures a vibrant Spanish flair with fountains, tiled floors, stained glass windows, and stucco walls. Besides golf and other outdoor activities, you can visit nearby Hersheypark, ZooAmerica, and yes, the whimsical chocolate-making exhibit too. Gettysburg and Amish farm country lie just down the road.



The Hotel Hershey chefs serve some of America's most ravishing chocolate desserts—on Valentine's or any day of the year. Use their ideas to create your own chocolate wonders:

- Put pizzazz into your plates for *Hershey Bar Terrine.* Drizzle a pool of melted chocolate sauce with cream sauce, then feather with a knife. Finish with whipped cream rosettes, chocolate twigs or curls, and an edible flower.
- Decorate *Midnight Chocolate Cake* with frosting, chocolate curls, or marzipan triangles.
- Pick fruits of different colors and shapes to crown *Chocolate-Fruit Frangipane Tart.*



Chocolate-Fruit Frangipane Tart



Hershey Bar Terrir

PHOTOGRAPHS: SCOTT LITTLE FOOD STYLISTS: JANET HERWIG AND JENNIFER PETERSON. CHEFS: BRIAN PEFFLEY AND DON HUDSON



Midnight Chocolate Cake

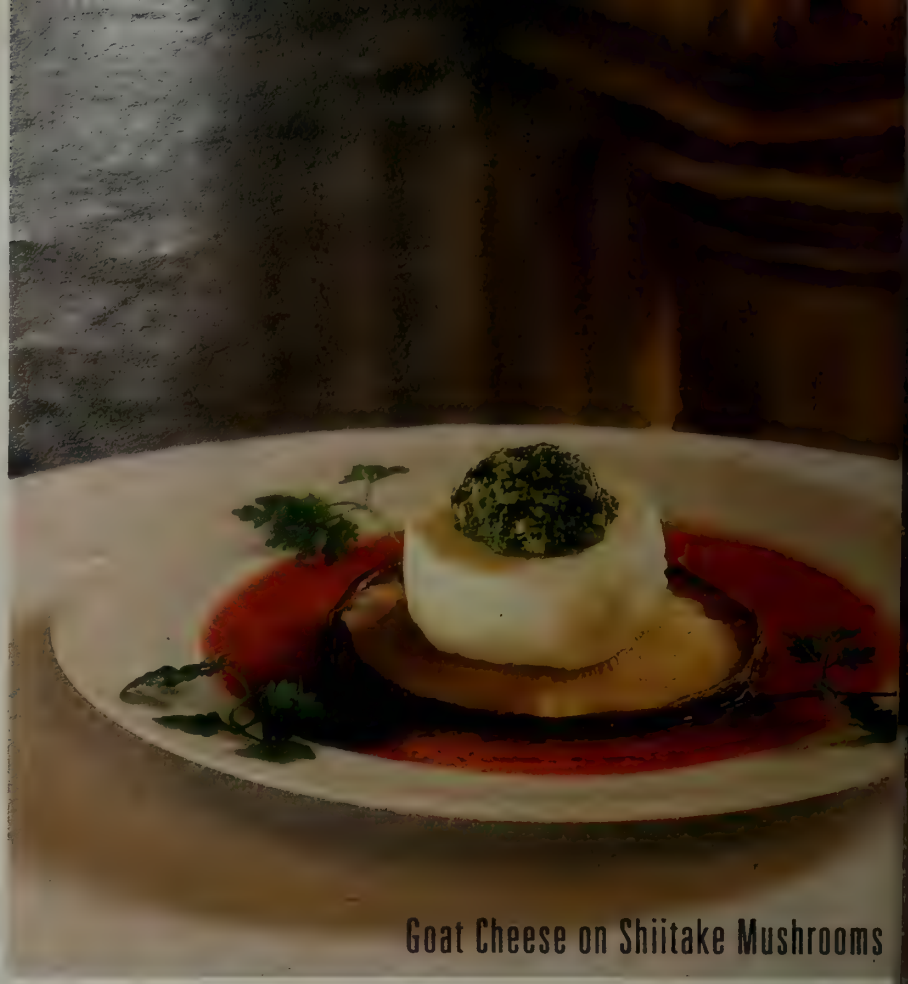
...es begin on page 142.

The Majestic's

Romantic Dinner

Just a two-block walk from the nearest cable-car stop, the Edwardian Majestic reigns over the hills of San Francisco. Built in 1902, the hotel eloquently captures the romance of the turn of the century. Take a moment to relax amid the tapestries, marble columns, antique furnishings, and chandeliers that give the hotel its old-world ambience. Then, catch that cable car to the Bay City's favorite sights: Golden Gate Bridge, Alcatraz, and Chinatown.





Goat Cheese on Shiitake Mushrooms



Red Pepper Soup

PHOTOGRAPHS: JON JENSEN. FOOD STYLIST: SUSAN MASSEY-WEIL. CHEFS: TONY MARANO AND BOB DOXEY

Cafe Majestic's California cuisine spotlights fresh vegetables, herbs, and flowers. When you try the cafe's recipes, think fresh:

- Arrange a few herb sprigs on appetizer plates of *Goat Cheese on Shiitake Mushrooms.*
- Splash some *Lemon-Sour Cream* in the center of *Red Pepper Soup,* then swirl with a knife.
- Strike color into *Salmon with Peppers and Black Bean Sauce* with steamed spring-fresh baby vegetables: squash, golden beets, asparagus, and tomato. Serve with *Walnut Bread.*

To create this delicious meal easily and enjoyably, turn the page for helpful ideas.



Recipes begin on page 146.

The Majestic's

Romantic Desserts



Put a little passion in your Valentine's dessert with *Passion Fruit Meringue Tarts.* Or, bake another sparkling idea—*Génoise Cake in Strawberry Champagne Sauce.* Recipes begin on *page 150.*

Secrets to a Romantic Dinner

Let's face it. Racing around the kitchen in a last-minute panic is definitely *not* romantic. By planning ahead, you can enjoy your quiet dinner just as much as your loved one will.

- Be real. You don't *have* to make everything in the menu. Decide whether you want the appetizer or soup, or both. Then, select your dessert. It's OK to buy your bread.
- Think ahead. You can freeze the black bean sauce, walnut bread, tart shells, and cake up to a month ahead.
- Stir together the sauce or soup for the appetizer the day before your dinner. Also, shape the salmon rolls and make the tart filling or strawberry sauce for dessert.
- Reminder: Thaw any food you made ahead.
- Bake the tarts sometime before dinner.
- Reheat the sauces and soup, and steam the vegetables when you're ready to eat.
- Broil the mushroom appetizer first, then pop in the salmon before you sit down. Remember to set the oven timer.

Buying information, page 159.



Treat Yourself to a Taste of Romance

ESCAPE TO A HISTORIC HOTEL: The three hotels featured on the previous pages belong to the National Trust for Historic Preservation's Historic Hotels of America program. To be a member, each hotel must either qualify for the National Register of Historic Places, be at least 50 years old, or have some historical significance. The current directory lists 85 historic hotels across the country, showcasing a range of classic regional and historical styles.

FIND A HISTORIC HOTEL NEARBY: You can order a current historic hotel directory by sending a check or money order for $3 to Historic Hotels of America, Dept. BHG, National Trust for Historic Preservation, 1785 Massachusetts Ave., NW, Washington, DC 20036.

CALL IN A RESERVATION: Reserve a room at any of the member hotels across the country by calling 800/678-8946. When you use this number, the hotel sets aside a portion of the proceeds as a contribution to the nonprofit National Trust for Historic Preservation.

MAKE MORE DELICIOUS INN DISHES: To savor even more of the chefs' specialties from Historic Hotels, you can order two different National Trust cookbooks. *Recipes from Historic Hotels,* first published in 1991, offers over 250 recipes, 40 color photographs, and historical perspectives on each of the featured hotels. *Menus for Special Occasions,* published just last fall, contains 270 recipes and 30 color photographs.

You can purchase either edition (or both) by sending a check or money order for $29.95 per book (plus $4.00 per book for shipping and handling) to National Trust for Historic Preservation, Preservation Press, Dept. BHG, 1785 Massachusetts Ave., NW, Washington, DC 20036. Or, you can call the Preservation Press at 800/766-NTHP.

Saucy Asparagus

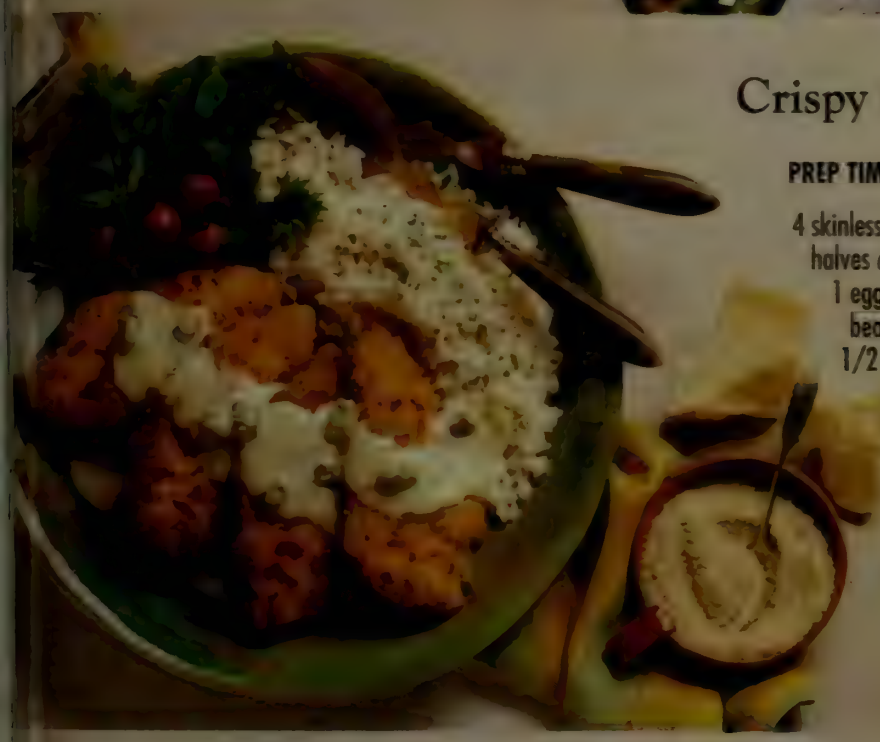
EP TIME: 10 MIN. **COOK TIME: 15 MIN.**

an (10 3/4 oz.) Campbell's® NEW Cream of Asparagus Soup
tbsp. milk
2 pkg. (10 oz. *each*) frozen asparagus cuts *or* 1 1/2 lb. fresh asparagus spears (about 24 to 30), trimmed and cut into 1" pieces

In 2-qt. saucepan over medium heat, combine soup and milk. Heat to boiling, stirring often.

Add asparagus. Cover; cook over low heat 10 min. or until asparagus is tender, stirring occasionally. Serve with grated Parmesan cheese if desired. 8 servings.





Crispy Chicken with Asparagus Sauce

PREP TIME: 10 MIN. **COOK TIME: 20 MIN.**

4 skinless, boneless chicken breast halves *or* 8 boneless chicken thighs
1 egg *or* 2 egg whites, beaten
1/2 cup dry bread crumbs
2 tbsp. vegetable oil
1 can (10 3/4 oz.) Campbell's® NEW Cream of Asparagus Soup
1/3 cup *each* milk *and* water
Hot cooked rice with chopped parsley

1. In pie plate, dip chicken into egg; coat with bread crumbs.
2. In skillet, in hot oil, cook chicken 15 min. or until browned on both sides and no longer pink. Remove; keep warm.
3. In same skillet over low heat, combine soup, milk and water. Heat through, stirring occasionally. Spoon soup mixture over chicken. Serve with rice. 4 servings.

Introducing Campbell's Cream of Asparagus Soup.



Mm! Mm! Good!

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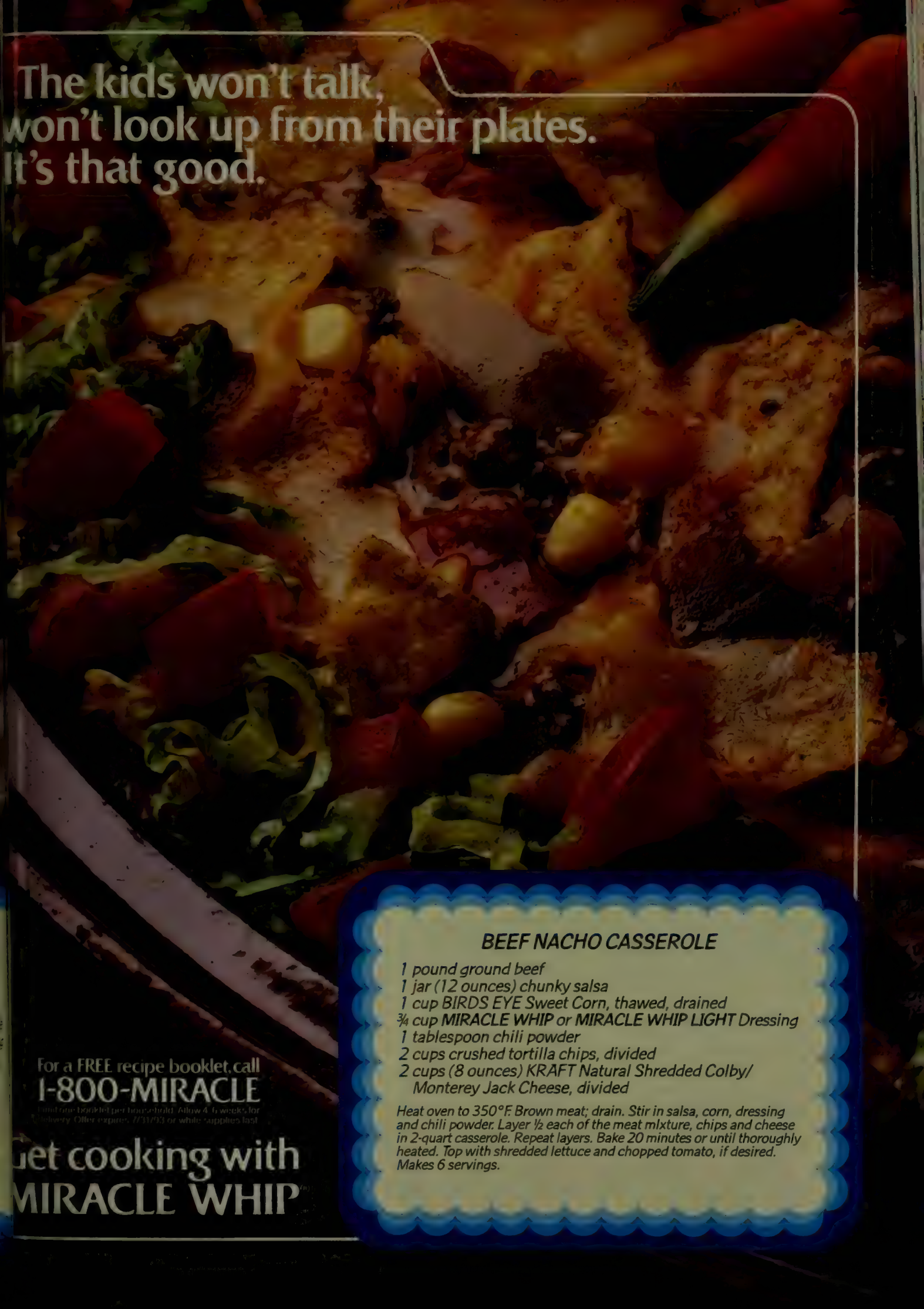


SWISS 'N CHICKEN CASSEROLE

4 cups chopped, cooked chicken
2 cups sliced celery
2 cups croutons
2 cups (8 ounces) shredded KRAFT Natural Swiss Cheese
1 cup ***MIRACLE WHIP*** *or* ***MIRACLE WHIP LIGHT*** *Dressing*
½ cup milk
¼ cup chopped onion
1 teaspoon salt
⅛ teaspoon pepper
¼ cup chopped walnuts, toasted

Heat oven to 350°F. Mix all ingredients except walnuts. Spoon into 2-quart casserole; sprinkle with walnuts. Bake 40 minutes or until thoroughly heated. Makes 6 servings.

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BEEF NACHO CASSEROLE

1 pound ground beef
1 jar (12 ounces) chunky salsa
1 cup BIRDS EYE Sweet Corn, thawed, drained
¾ cup ***MIRACLE WHIP*** *or* ***MIRACLE WHIP LIGHT*** *Dressing*
1 tablespoon chili powder
2 cups crushed tortilla chips, divided
2 cups (8 ounces) KRAFT Natural Shredded Colby/ Monterey Jack Cheese, divided

Heat oven to 350°F. Brown meat; drain. Stir in salsa, corn, dressing and chili powder. Layer ½ each of the meat mixture, chips and cheese in 2-quart casserole. Repeat layers. Bake 20 minutes or until thoroughly heated. Top with shredded lettuce and chopped tomato, if desired. Makes 6 servings.

For a FREE recipe booklet, call
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Get cooking with
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NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

EVERY RECIPE ANALYZED

With each recipe, we give nutrition information. The calorie count of each serving and the amount, in grams, of fat, cholesterol, protein, carbohydrate, sodium, and fiber will help you keep tabs on what you eat. You can check the vitamin and mineral levels of each recipe serving. These are noted in percentages of the Recommended Dietary Allowance (RDA), whenever values provide at least 10 percent of the recommended amount. (The RDAs are standards developed by the National Academy of Sciences.)

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

When ingredient choices appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. This does not mean we prefer one over the other.

We use the first serving size listed.

WHAT YOU NEED

Use our analyses to chart the nutrition value of foods you eat. The guidelines below suggest what moderately active women should strive for each day (in general, active males and all teenagers need more calories):

Calories: About 2,000
Fat: No more than 67 grams
Cholesterol: No more than 300 milligrams
Protein: About 75 grams
Carbohydrate: About 275 grams
Sodium: No more than 3,000 milligrams
Dietary fiber: 20 to 30 grams

There's no real harm in going over or under these guidelines in a single day, but aim for a balanced diet.

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A-TASTE-OF-ROMANCE RECIPES

continued from page 134

SPINACH SOUFFLÉ QUICHE

The filling puffs during baking so shape the pastry edges high in the pan—

1 recipe Pastry for Single-Crust Pie (see recipe, *page 140*) *or* 1 folded refrigerated unbaked piecrust

• • •

1 medium onion, chopped
6 slices bacon, chopped
8 eggs
½ cup dairy sour cream
½ cup half-and-half, light cream, *or* milk
¼ tsp. salt
⅛ tsp. white pepper
Dash ground nutmeg (optional)
3 cups lightly packed chopped fresh spinach
⅔ cup shredded mozzarella cheese (2.5 oz.)
½ cup shredded Swiss cheese (2 oz.)
Plum tomato slices (optional)
Fresh oregano (optional)
Cracked black pepper (optional)

● **Prepare and roll out pastry.** (Or, unfold refrigerated pastry and dust with flour according to the package directions.) Loosely wrap rolled pastry around a rolling pin. Unroll onto an ungreased 9-inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim to ½ inch beyond edge of pie plate; fold under extra pastry. Make a high fluted edge all the way around. To flute, press forefinger of one hand against outside edge of dough, pushing between forefinger and thumb of the other hand pressing from inside of pie plate.

● **Line unpricked pastry shell** with double thickness of foil. Bake in a 450° oven 8 minutes. Remove foil. Bake 4 to 5 minutes more or till pastry is set and dry. Remove from oven; set on a wire rack. Reduce oven to 300°; allow 10 minutes for heat to adjust.

● **Meanwhile, in a skillet cook** onion and bacon till onion is tender and bacon is crisp. Drain on paper towels.

● **In a medium mixing bowl beat** eggs slightly with a fork. Stir in sour cream; half-and-half, cream, or milk; salt;

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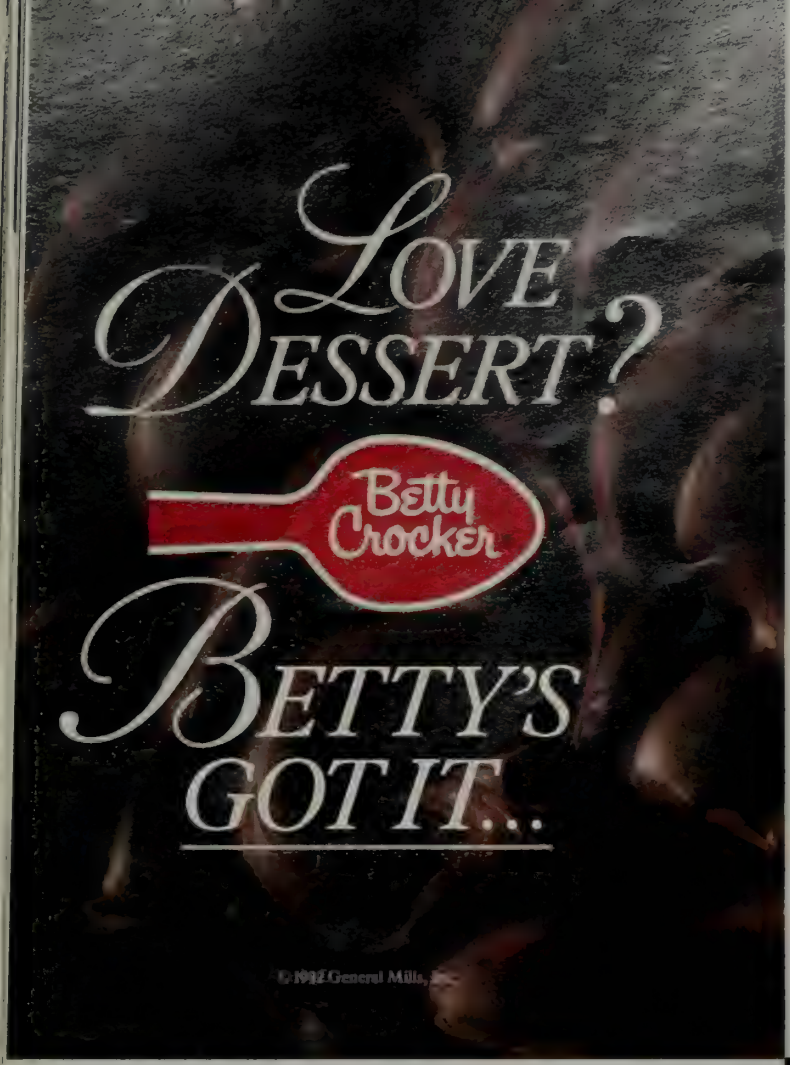
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- **1 Tbsp. sugar**
- **1 tsp. grated gingerroot**
- **½ cup orange liqueur *or* ½ cup orange juice plus 1 Tbsp. sugar**
- **⅓ cup orange juice**
- **¼ cup honey**
- **6 cups cut-up assorted fruit, such as kiwi fruit, apples, oranges, cantaloupe, honeydew melon, pineapple, pears, *and/or* red seedless grapes**
- **Fresh mint (optional)**

● **In a small saucepan combine** water, peel, sugar, and gingerroot. Bring to boiling; reduce heat. Cover; simmer over low heat 5 minutes. Remove saucepan from heat. Stir in liqueur, orange juice, and honey. Cool thoroughly.

● **Pour cooled ginger mixture** over fruit. Cover and marinate fruit for at least 1 hour or up to 12 hours in the refrigerator. To serve, spoon fruit and marinade into individual dishes. Garnish with fresh mint. Serves 8 to 10.

Nutrition information per serving: *158 cal., 0 g fat, 0 mg chol., 1 g pro., 38 g carbo., 5 g fiber, 3 mg sodium. RDA: 158% vit. C, 10% thiamine.*

STRUDEL STICKS

Frozen puff pastry makes these flaky rolls so-o-o easy. You can make your own filling or opt for canned pie filling—

- **1 17¼-oz. pkg. frozen puff pastry (2 sheets), thawed**
- **1 egg**
- **2 Tbsp. water**

A TASTE OF ROMANCE

continued from page 138

pepper; and nutmeg, if desired. Stir in onion mixture, spinach, mozzarella cheese, and Swiss cheese. Pour into the baked pastry shell.

● **Bake in a 300° oven** for 45 to 50 minutes or till a knife inserted near the center comes out clean. If necessary, cover edges with foil to prevent overbrowning. Let stand for 10 minutes before serving. If desired, garnish with tomato slices, oregano, and pepper. Serves 6 to 8.

Pastry for Single-Crust Pie: In a mixing bowl combine 1¼ cups *all-purpose flour* and ¼ teaspoon *salt.* Cut in ⅓ cup *shortening* till pieces are the size of small peas. Sprinkle 1 tablespoon *cold water* over part of mixture. Gently toss with a fork. Push to the side of bowl. Repeat with 2 to 3 more tablespoons *cold water* till all is moistened. Form dough into a ball. On a lightly floured surface, flatten dough slightly with hands. Roll dough from center to edges, forming a circle about 12 inches in diameter.

Nutrition information per serving: *469 cal., 32 g fat, 321 mg chol., 21 g pro., 23 g carbo., 1 g fiber, 487 mg sodium. RDA: 36% calcium, 20% iron, 54% vit. A, 18% vit. C, 29% thiamine, 51% riboflavin, 15% niacin.*

GINGER-MARINATED FRUIT

- **½ cup water**
- **4 tsp. finely shredded orange peel**

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LEMON BREAD

Bake one large loaf or make two smaller loaves so you can freeze one—

- ½ cup butter
- 1 cup sugar
- 2 eggs
- 1⅔ cups all-purpose flour
- ¾ cup buttermilk
- 1½ tsp. finely shredded lemon peel
- ½ tsp. baking soda
- ¼ tsp. salt
- ½ cup toasted chopped nuts, such as almonds, walnuts, or pecans
- 3 Tbsp. lemon juice
- 1 Tbsp. sugar

Lemon slice twist (optional)
Lemon peel curl (optional)
Marigolds or other edible flowers (optional)

● **Grease** bottom and halfway up the sides of two 7½x3½x2-inch loaf pans or one 8x4x2-inch loaf pan.

● **In a large mixer bowl beat butter** with an electric mixer on medium speed about 30 seconds or till softened. Add the 1 cup sugar; beat about 5 minutes or till light and fluffy. Add eggs, one at a time, beating till combined. Add flour, buttermilk, shredded lemon peel, baking soda, and salt; beat just till moistened. Stir in nuts.

● **Pour batter into prepared pan(s);** spread evenly. Bake in 350° oven till a wooden toothpick inserted near center

continued on page 142

- 1 recipe Apple-Almond Filling or Poppy Seed and Cream Cheese Filling (see recipes, below)

Sliced almonds, poppy seed, coarse sugar, or cinnamon sugar (optional)

● **Unfold puff pastry sheets.** Cut into six 5x3-inch rectangles. Stir together egg and water; brush onto edges.

● **Place 2 teaspoons apple filling** or *1 tablespoon* poppy-seed filling in the center of *each* pastry rectangle; spread to ½ inch from edges. Roll up from one of the long edges, jelly-roll style. Pinch edges and seams to seal. Brush with egg mixture. If desired, sprinkle with additional sliced almonds, poppy seed, coarse sugar, or cinnamon sugar.

● **Arrange sticks, seam side down,** on a lightly greased baking sheet. Bake in a 350° oven for 20 to 25 minutes or till light brown. Serve warm or cool. Makes 12.

Apple-Almond Filling: In a saucepan combine 1½ cups peeled, cored, and chopped *cooking apples* (such as Rome Beauty or Granny Smith); ⅓ cup *sugar*; 3 tablespoons *apple juice*; and ⅛ teaspoon *ground cinnamon*. Bring to boiling; reduce heat. Cover; simmer 20 minutes or till apples are very tender and syrup is slightly thickened. Remove from heat; cool. Stir in ¼ cup *sliced almonds*.

Nutrition information per stick: *232 cal., 15 g fat, 18 mg chol., 3 g pro., 23 g carbo., 1 g fiber, 159 mg sodium.*

Poppy Seed and Cream Cheese Filling: In a small mixing bowl stir together two 3-ounce packages softened *cream cheese*, ⅓ cup *sugar*, and 2 teaspoons *poppy seed*.

Nutrition information per stick: *259 cal., 18 g fat, 33 mg chol., 3 g pro., 21 g carbo., 0 g fiber, 201 mg sodium.*



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A TASTE OF ROMANCE

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comes out clean, allowing 40 minutes for 7½x3½x2-inch loaves and 45 minutes for 8x4x2-inch loaf. Cover with foil, if necessary, the last 10 to 15 minutes to prevent overbrowning.

● **Cool in pan(s)** on wire rack 10 minutes. Remove from pan(s). Place wire rack and loaves over waxed paper.

● **For glaze, in a small bowl combine** the lemon juice and the 1 tablespoon sugar; stir till the sugar is dissolved. Spoon glaze over loaves. Cool loaves completely on the wire rack. If desired, garnish with lemon twists, lemon peel curls, and edible flowers. Makes 2 small loaves or 1 large loaf (16 servings).

Nutrition information per slice: *173 cal., 8 g fat, 43 mg chol., 3 g pro., 23 g carbo., 1 g fiber, 139 mg sodium. RDA: 10% thiamine, 10% riboflavin.*

HERSHEY BAR TERRINE

Layer strips of Chocolate Sheet Cake and marshmallow filling in half-round or rectangular loaf pans. You can purchase half-round loaf pans by calling Maid of Scandinavia at 800/328-6722. For a simple family-style dessert, make just the whipped cream filling. Pour it into a baked piecrust and freeze. To serve, let pie stand a few minutes, cut into wedges, and drizzle each serving with chocolate sauce—

⅓ cup milk
2 cups tiny marshmallows
1½ 7-oz. bars milk chocolate (without almonds), broken up (10 oz. total)
1 cup whipping cream
1 recipe Chocolate Sheet Cake (see recipe, *page 143*)
1 recipe Crème de Cacao Syrup (see recipe, *right*)
1 recipe Bitter Chocolate Sauce (see recipe, *right*)
1 recipe Simple Cream (see recipe, *right*) (optional)
Whipped cream (optional)
Edible flowers, such as pansies *or* violas (optional)
Chocolate twigs* *or* curls (optional)

● **For filling, in a saucepan heat** and stir milk over low heat till steaming. Add marshmallows; heat and stir over low heat till melted. Add candy bars; heat and stir till melted. Remove from heat. Cover surface with waxed paper; cool to room temperature.

● **Chill a medium mixing bowl** and the beaters of an electric mixer. In the chilled bowl beat whipping cream on medium speed till soft peaks form. Gradually fold cooled chocolate mixture into whipped cream.

● **Line** two 7½x3½x2-inch half-round or rectangular loaf pans with plastic wrap. Cut cake into strips to fit long sides and bottom of pans. Line pans with strips, cutting to fit. Do not line the ends of pans.

● **Sprinkle about *¼ cup*** Crème de Cacao Syrup over the cake in *each* pan. Fill with cooled chocolate filling. Place additional strips of cake atop filling to cover. Moisten with remaining syrup. Cover and freeze overnight.

● **To serve, uncover and invert** terrine onto a serving platter. Remove plastic wrap. Slice the terrine. Place *2 slices* on *each* dessert plate. Spoon Bitter Chocolate Sauce onto plates. If desired, drizzle Simple Cream in parallel lines onto chocolate sauce; draw a knife through lines, alternating the direction, to create a web effect. Garnish plates with additional whipped cream, edible flowers, and chocolate twigs or curls. Serves 12 to 14.

Crème de Cacao Syrup: In a small saucepan combine ½ cup *water* and ⅓ cup *sugar.* Bring to boiling, stirring just till sugar is dissolved. Remove from heat; stir in ¼ cup *crème de cacao.* Cover and cool. Makes 1 cup.

Bitter Chocolate Sauce: In a small saucepan melt 2 squares (2 ounces) cut-up *unsweetened chocolate* over low heat; remove from heat. Stir in ⅓ to ½ cup *fudge ice-cream topping* to desired sweetness. (The chocolate may become stiff but will thin when cream is added.) Gradually stir in 1 cup *whipping cream.* Heat and stir over medium heat till bubbly. Cool quickly in ice water, stirring constantly. Stir in additional *whipping cream* or *milk* till sauce reaches drizzling consistency. Makes about 1½ cups.

Simple Cream: Stir enough *whipping cream* (2 to 3 tablespoons) into ½ cup *dairy sour cream* to make of drizzling consistency. Makes ⅔ cup.

****Note:*** You can buy chocolate twigs at specialty food shops.

Nutrition information per serving: *444 cal., 27 g fat, 165 mg chol., 7 g pro., 47 g carbo., 0 g fiber, 78 mg sodium. RDA: 14% calcium, 11% iron, 30% vit. A, 21% riboflavin.*

CHOCOLATE SHEET CAKE

Cut this sturdy cake into strips for Hershey Bar Terrine on page 142—

- ⅓ **cup all-purpose flour**
- ¼ **cup unsweetened cocoa powder**
- 6 **egg yolks**
- 2 **Tbsp. sugar**
- 5 **egg whites**
- ¼ **cup sugar**

● **Grease and line** a 15x10x1-inch baking pan with waxed paper; grease and flour paper. Set pan aside.

● **In a small mixing bowl stir** together flour and cocoa powder; set aside.

● **In a medium mixing bowl combine** egg yolks and the 2 tablespoons sugar; beat with an electric mixer on high speed about 5 minutes or till thick and light colored. Wash beaters.

● **In a large mixing bowl beat** egg whites on medium speed till soft peaks form (tips curl). Gradually add the ¼ cup sugar, beating on high speed till stiff peaks form (tips stand straight).

● **Using a spatula, fold** beaten whites into yolk mixture. Sprinkle flour mixture over egg mixture; gently fold till combined. Pour batter into prepared pan; spread evenly.

● **Bake in a 350° oven** for 10 to 12 minutes or till cake springs back when touched and a wooden toothpick inserted near center comes out clean.

● **Cool cake in pan** on wire racks for 5 minutes; use a knife to loosen edges and remove from pan. Cool completely on wire racks. Makes 1 sheet cake.

MIDNIGHT CHOCOLATE CAKE

Top this cake with Marbleized Chocolate Curls, as pictured on the cover. Or, overlap wedges of Marzipan-Chocolate Triangles, as shown on page 131—

- 3 **eggs**
- 2¾ **cups sugar**
- 1 **tsp. vanilla**
- ¾ **cup cooking oil**

• • •

- 1¾ **cups water**
- 1½ **cups European-style cocoa powder *or* unsweetened cocoa powder**
- 3 **cups sifted cake flour***
- ¾ **tsp. baking powder**
- ¼ **tsp. baking soda**
- 1 **recipe Sabayon Filling (see recipe, *page 144*)**
- 1 **recipe Chocolate Buttercream Frosting (see recipe, *page 144*)**
- 1 **recipe Marbleized Chocolate Curls, Dark Chocolate Curls, or Marzipan-Chocolate Triangles (see recipes, *page 144* and *145*) (optional)**

● **Grease and flour** a 10-inch springform pan; set aside. In a large mixing bowl combine eggs, sugar, and vanilla. Beat with an electric mixer on high speed 5 minutes or till light and fluffy. While mixer is running, slowly add oil to egg mixture, beating till combined.

● **Bring water to boiling;** gradually add to cocoa powder, stirring till smooth. Beat chocolate mixture into egg mixture. Set aside.

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- **In another mixing bowl stir** together flour, baking powder, and baking soda. Add flour mixture to egg mixture, beating on low speed just till smooth, and scraping the sides of the bowl occasionally. Turn batter into the prepared pan.
- **Bake in a 325° oven** about 1¾ hours or till a wooden toothpick inserted in the center comes out clean.
- **Cool in pan** for 20 minutes; loosen sides and remove from pan. Cool completely. Clean and reassemble pan.
- **To assemble cake, use** a serrated knife to trim top of cake to make it even and smooth. (Reserve trimmings for another dessert, such as trifle.) Holding the knife level and using a gentle sawing motion, split cake horizontally into thirds. Place first layer in the bottom of the springform pan.
- **Pour *half* of the Sabayon Filling** on top. Place another cake layer over filling. Pour in remaining filling; place the third layer of chocolate cake on top. Cover and chill in the refrigerator for 3 to 4 hours or till firm.
- **Run a hot knife** or narrow metal spatula around the edge of the pan; invert the cake onto a serving platter.
- **To decorate, frost top and sides** with Chocolate Buttercream Frosting. Using a decorating bag and tips, pipe frosting as desired. Decorate cake with Marbleized Chocolate Curls, Dark Chocolate Curls, or overlapping Marzipan-Chocolate Triangles. Chill till serving. Makes 16 servings.

Chocolate Buttercream Frosting: Melt ⅔ cup *semisweet chocolate pieces;* let cool. In a medium mixing bowl combine 2½ cups sifted *powdered sugar* and 1¼ cups softened *butter;* beat with an electric mixer on low to medium speed till creamy. Add ¾ cup *shortening;* beat till smooth. Stir in cooled chocolate and 1 teaspoon *vanilla.* Makes 4 cups.

Marbleized Chocolate Curls: Melt 12 ounces *vanilla-flavored candy coating.* To *half* the coating, stir in a small amount of *red paste food coloring* till desired shade. (Or, use 6 ounces *each* of *pink* and *white vanilla-flavored candy coating;* melt in separate pans). Line a baking sheet with plastic wrap. Spoon the 2 colors of coating in alternating mounds; spread ½ inch thick. Use a small spatula or knife to swirl candy slightly. Chill 20 minutes or till firm. When coating is firm, break it into large chunks. Place on a cutting board. Use a vegetable peeler or cheese slicer to scrape diagonally or straight across the coating to form curls. Chill till needed.

Dark Chocolate Curls: Make Marbleized Chocolate Curls as directed, *except* use 12 ounces *chocolate-flavored candy coating* instead of the vanilla-flavored candy coating.

Note: To substitute all-purpose flour for cake flour, for each cup of cake flour, substitute 1 cup *minus* 2 tablespoons (⅞ cup) sifted all-purpose flour.

Nutrition information per serving: *775 cal., 50 g fat, 172 mg chol., 7 g pro., 84 g carbo., 0 g fiber, 204 mg sodium.*

SABAYON FILLING

- **1 4-oz. pkg. sweet baking chocolate**
- **1 envelope unflavored gelatin**
- **¼ cup cold water**
- **5 egg yolks**
- **½ cup dry sherry**
- **⅓ cup granulated sugar**

1⅓ cups whipping cream
1 tsp. powdered sugar
½ tsp. vanilla

● **Melt chocolate; let cool.** In a small saucepan combine gelatin and cold water; let stand for 5 minutes.

● **Meanwhile, in a saucepan** combine egg yolks, sherry, and granulated sugar. Cook and stir over medium heat till mixture thickens slightly and bubbles just around edge. Remove from heat. Transfer to a large mixing bowl.

● **Heat and stir gelatin mixture** over low heat till gelatin is dissolved. Add melted chocolate and gelatin mixture to sherry mixture; beat with an electric mixer on low speed till combined. Cover and cool for 30 minutes.

● **In a medium mixing bowl combine** whipping cream, powdered sugar, and vanilla; beat on low speed till soft peaks form. Fold whipped cream into egg mixture. Cover and chill about 1 hour or till mixture mounds when spooned, stirring gently occasionally. Makes 3½ cups.

MARZIPAN-CHOCOLATE TRIANGLES

½ of an 8-oz. can (scant ½ cup) almond paste
2 Tbsp. butter, softened
1½ to 1¾ cups sifted powdered sugar
1 tsp. light corn syrup
6 oz. chocolate-flavored candy coating

● **For marzipan, crumble** almond paste into a medium mixing bowl. Add butter; beat with an electric mixer on medium speed till combined. Add *½ cup* of the powdered sugar and corn syrup; beat till combined. Shape the mixture into a ball. Knead in enough additional sifted powdered sugar (1 to 1¼ cups) to make a very stiff mixture.

● **Line a baking sheet** with waxed paper; dust with powdered sugar. Place marzipan on waxed paper; flatten slightly. Top marzipan with another sheet of waxed paper. Use a rolling pin to spread marzipan into a 9½-inch round; remove top piece of paper. Trim to a 9-inch round.

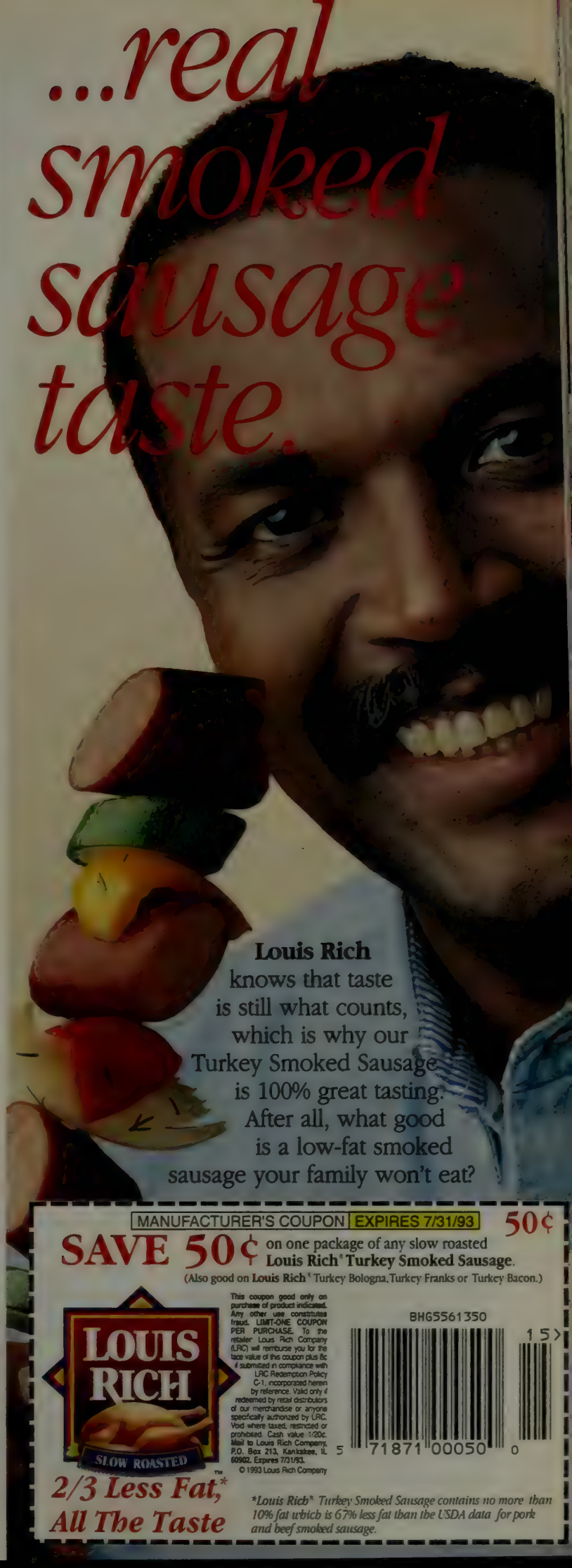
● **Melt candy coating;** spread evenly onto marzipan. If desired, use a cake comb to make concentric circles on top of chocolate. Cool till chocolate holds a cut edge. Cut into 16 wedges. Cover; chill till needed. Makes 16 pieces.

CHOCOLATE-FRUIT FRANGIPANE TART

1 recipe Frangipane Tart Pastry (see recipe, *page 146*)
1 8-oz. pkg. semisweet chocolate
1 8-oz. can almond paste
¾ cup sugar
¾ cup butter
5 eggs
1 cup sifted cake flour *or* ¾ cup plus 2 Tbsp. sifted all-purpose flour
⅓ cup apricot preserves
1 16-oz. can pear halves, drained
1 8¾-oz. can unpeeled apricot halves, drained and sliced
½ cup fresh raspberries
Toasted sliced almonds (optional)
Whipped cream (optional)

● **On a lightly floured surface,** flatten chilled dough with hands. Roll dough from center to edges, forming a 12-inch circle. Loosely wrap around rolling pin. Unroll onto an

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ungreased 10-inch fluted quiche pan* or springform pan with a removable bottom. Ease into pan, being careful not to stretch pastry. Trim pastry even with rim of quiche pan or 1½ inches up sides of springform pan. Set aside.

● **For filling, in a saucepan melt** chocolate with ½ cup *water* over low heat, stirring constantly; cool.

● **In a medium mixing bowl combine** almond paste and sugar; beat with an electric mixer on medium speed till crumbly. Add butter; beat till very creamy. Add eggs, one at a time, beating till combined. Add flour; beat on low speed just till combined. Add chocolate mixture; beat on low speed just till combined.

● **Pour filling into prepared pastry.** Place on a baking sheet. Bake in a 350° oven 1¼ hours or till toothpick inserted near center comes out clean. Cool in pan on a wire rack. Cover and chill till serving.

● **For topping, in a saucepan combine** apricot preserves and 1 tablespoon *water;* heat and stir till melted. If desired, strain through a sieve.

● **Place pear halves,** flat side down, on a cutting board. Cutting from wide end to narrow end, slice pears lengthwise into ¼-inch-thick slices, leaving attached at the narrow end.

● **Remove tart from pan.** Arrange fanned pear halves and apricot slices on top, starting at the outside edge. Place raspberries in the center. Spoon preserves over fruit. Before serving, top with almonds. Serve with whipped cream, if desired. Serves 16.

Frangipane Tart Pastry: In a large mixing bowl beat ⅔ cup *butter* with an electric mixer on medium speed till softened. Add ⅔ cup *sugar;* beat till light and fluffy. Beat in 2 *egg yolks.* Add 2 cups sifted *cake flour* or 1¾ cups sifted *all-purpose flour.* Add ¼ teaspoon *baking powder;* beat till combined. Wrap dough in plastic wrap; chill till firm enough to roll.

***Note:** To order a 10-inch fluted quiche pan, call SCI Cuisine Internationale at 800/966-5489.

Nutrition information per serving: *475 cal., 26 g fat, 137 mg chol., 7 g pro., 58 g carbo., 1 g fiber, 194 mg sodium. RDA: 19% iron, 26% vit. A.*

GOAT CHEESE ON SHIITAKE MUSHROOMS

Look for fresh shiitake mushrooms in Oriental markets or in the specialty produce section of your supermarket—

2 large (2½- to 3-inch-diameter) fresh shiitake mushrooms
2 oz. log-style semisoft goat cheese (chèvre), sliced crosswise into 2 rounds
1 recipe Cilantro Tomato Sauce (see recipe, *below*) *or* tomato sauce
1 Tbsp. pesto
Fresh cilantro (optional)

● **Clean mushrooms; cut off stems** and discard. In a lightly greased shallow baking pan arrange mushroom caps, stem sides up. Place a round of cheese on each cap. Bake, uncovered, in a 450° oven for 6 to 8 minutes or till mushrooms are tender and cheese is slightly soft.

● **To serve,** pour warm Cilantro Tomato Sauce onto 2 appetizer plates; top with stuffed mushrooms. Top *each* cheese round with *1 teaspoon* pesto. If desired, garnish with cilantro. Makes 2 appetizer servings.

Nutrition information per serving: *160 cal., 10 g fat, 14 mg chol., 7 g pro., 12 g carbo., 1 g fiber, and 219 mg sodium. RDA: 10% vit. A, 39% vit. C, and 15% riboflavin.*

CILANTRO TOMATO SAUCE

Serve with the mushroom appetizer or substitute a purchased tomato sauce—

½ lb. Roma *or* regular tomatoes
3 sprigs fresh cilantro
1 shallot *or* green onion
1 clove garlic
1 tsp. cornstarch
Dash salt
Dash pepper
Dash ground red pepper

● **In a blender container** or food processor bowl combine tomatoes, cilantro, shallot or green onion, garlic, and cornstarch. Cover and blend or process till nearly smooth.

● **Place a sieve** over a small saucepan; pour tomato mixture into sieve, pressing with the back of a spoon if necessary. Discard seeds, skin, and pulp left in sieve. In the saucepan cook and stir the tomato mixture till thickened and bubbly. Cook and stir for 2 minutes more. Season to taste with salt, pepper, and ground red pepper. Makes about ¾ cup.

To make ahead: Cook tomato sauce as directed; cover, cool, and chill. In a small saucepan cook and stir sauce over medium-low heat till heated through. (Or, micro-cook in 2-cup glass measure, uncovered, on 100% power or high about 2 minutes or till heated through, stirring once.) Continue as directed.

Nutrition information per ⅓ cup: *31 cal., 0 g fat, 0 mg chol., 1 g pro., 7 g carbo., 74 mg sodium, 1 g fiber. RDA: 30% vit. C.*

RED PEPPER SOUP

This creamy anise-flavored soup makes enough for four servings. After your dinner for two, cover and chill the remaining soup for another meal—

1 large red onion, coarsely chopped (1 cup)
3 cloves garlic
1 Tbsp. butter *or* margarine
2 small red *or* green sweet peppers, coarsely chopped (1½ cups)
1 large tomato, chopped (¾ cup)
1 Tbsp. ouzo *or* anise liqueur *or* ⅛ tsp. aniseed, crushed
½ tsp. dried herbes de Provence *or* fines herbes, crushed
½ tsp. paprika
1½ cups chicken broth
¼ cup dairy sour cream
1 recipe Lemon Sour Cream (see recipe, *page 148*)
Lavender *or* other edible flowers (optional)

● **In a medium saucepan cook onion** and garlic in hot butter or margarine till tender but not brown. Add peppers; cover and cook over medium heat for 8 to 10 minutes or till peppers are soft, stirring occasionally.

● **Add tomato, liqueur or aniseed,** herbes de Provence or fines herbes, and paprika. Add broth. Bring to boiling; remove from heat. Cool slightly.

● **Pour the soup** into a blender container or a food processor bowl (half at a time if necessary). Cover and blend or process till smooth; return to saucepan. Stir in the ¼ cup sour cream; heat through, but *do not boil.*

● **To serve, spoon into soup bowls.** Top each serving with about *1 tablespoon* of Lemon Sour Cream; draw a knife through to swirl. If desired, garnish with lavender or other edible flowers. Makes 4 appetizer servings.

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Lemon Sour Cream: In a small mixing bowl stir together ¼ cup *dairy sour cream,* ½ teaspoon finely shredded *lemon peel,* 1 teaspoon *lemon juice,* and a few drops *bottled hot pepper sauce.*

To make ahead: Prepare and blend soup, but do not add the sour cream. Transfer soup to a storage container. Cover, cool, and chill. Before serving, transfer soup to a saucepan; bring to boiling. Remove from heat; stir in the sour cream. Serve as directed.

Nutrition information per serving: *150 cal., 10 g fat, 20 mg chol., 4 g pro., 11 g carbo., 1 g fiber, 343 mg sodium. RDA: 53% vit. A, 127% vit. C, 13% niacin.*

SALMON WITH PEPPERS AND BLACK BEAN SAUCE

½ of a medium yellow *or* green sweet pepper
½ of a medium red sweet pepper *or* ⅓ cup chopped, seeded tomato
2 6-oz. salmon fillets (about 1 inch thick)
1 cup fresh spinach leaves
1 recipe Black Bean Sauce (see recipe, *right*)

● **Bake peppers, skin side up,** on a foil-lined baking sheet in a 425° oven for 25 minutes or till charred. Place charred peppers in a paper bag. Close the bag; let stand for 20 to 30 minutes or till cool enough to handle.

● **Remove skin** from salmon fillets, if present. Cut each salmon fillet into two 1½- to 2-inch-long strips. For each portion, roll up 1 strip jelly-roll style, rolling a second strip around first. Secure with string or a skewer. Sprinkle with salt and pepper.

● **Cook salmon rolls,** covered, in a steamer basket over boiling water 10 minutes or till salmon flakes easily when tested with a fork. (Or, bake in a lightly greased shallow baking pan in a 450° oven for 12 to 15 minutes.)

● **When peppers are cool enough** to handle, peel skin away from flesh. With a knife, cut off stems and scrape away seeds and ribs. Cut lengthwise into ¼-inch-wide strips.

● **Place spinach** in a small mixing bowl; add enough *boiling water* to cover. Let stand for 1 minute; drain.

● **To serve, spoon** about *½ cup* warm Black Bean Sauce onto each dinner plate. Remove string or skewer from salmon rolls; place a roll on each plate. Top salmon with spinach, yellow pepper, and red pepper or tomato. Makes 2 main-dish servings.

Nutrition information per serving with ½ cup sauce: *351 cal., 7 g fat, 30 mg chol., 37 g pro., 36 g carbo., 3 g fiber, 273 mg sodium. RDA: 12% calcium, 36% iron, 46% vit. A, 125% vit. C, 22% thiamine, 19% riboflavin, 47% niacin.*

BLACK BEAN SAUCE

To turn any leftover sauce into a soup, stir in a little milk and reheat—

1 cup dry black beans *or* one 16-ounce can black beans
½ of a medium onion, sliced and separated into rings
2 cloves garlic, minced
1 bay leaf
1 tsp. ground cumin
1 tsp. dried thyme, crushed
¼ tsp. salt
Dash ground red pepper
Whipping cream, fish stock, *or* water (optional)

● **Rinse dry black beans.** (Or, drain and rinse canned *black beans*). For dry black beans, in medium saucepan combine beans and enough *water* to cover. Bring to boiling; reduce heat. Simmer for 2 minutes. Remove from heat. Cover; let stand 1 hour. (Or, soak beans in *water* overnight in a covered pan.) Drain beans and rinse. In same pan combine beans and enough *water* to cover. Bring to boiling; reduce heat. Cover and simmer 2½ to 3 hours or till tender; drain and rinse.

● **Return cooked or canned beans** to saucepan. Add onion rings, garlic, bay leaf, cumin, thyme, salt, red pepper, and 1 cup *water.* Bring to boiling; reduce heat. Cover and simmer till onion is tender. Remove bay leaf.

● **Pour bean mixture** into a blender container or food processor bowl. Cover; blend or process till smooth. If needed, blend in a little whipping cream, fish stock, or water till the sauce reaches desired consistency. Season to taste with *salt* and *pepper.* If necessary, return to saucepan to heat through. Makes about 3½ cups.

Nutrition information per ½ cup: *180 cal., 1 g fat, 0 mg chol., 12 g pro., 33 g carbo., 170 mg sodium, 2 g fiber. RDA: 23% iron, 15% thiamine.*

WALNUT BREAD

You'll love this chewy bread for dinner or toasted for breakfast—

1½ cups warm water (115° to 120°)
¼ cup honey
3 Tbsp. walnut oil *or* olive oil
1 pkg. active dry yeast
1½ tsp. salt
3¼ to 3¾ cups bread flour *or* all-purpose flour
1¼ cups all-purpose flour
1½ cups toasted chopped walnuts

● **In a large mixing bowl stir** together water, honey, oil, yeast, and salt. Let stand for 10 minutes.

● **Add *1 cup* of the bread flour** or all-purpose flour and the 1¼ cups all-purpose flour. Beat with an electric mixer on low speed 30 seconds, scraping sides of bowl constantly. Beat on high speed 3 minutes more. Using a spoon, stir in walnuts. Stir in as much of the remaining bread flour or all-purpose flour as you can.

● **Turn the dough out** onto a lightly floured surface. Knead in enough remaining bread flour or all-purpose flour to make a moderately stiff dough that is smooth and elastic (8 to 10 minutes total). Shape into a ball. Place dough in a lightly greased bowl; turn once to grease surface. Cover and let rise in a warm place till double (about 1½ hours).

● **Punch dough down.** Turn out onto a lightly floured surface. Divide in half. Let rest 10 minutes. Shape each portion into a round loaf. Arrange loaves, 4 inches apart, on a lightly greased baking sheet; flatten slightly to 8-inch rounds. With a sharp knife, make crisscross slashes in tops of loaves. Cover; let rise in a warm place till nearly double (about 1 hour).

● **Bake in a 400° oven** for 30 to 35 minutes or till bread sounds hollow when tapped, covering with foil after 15 minutes, if necessary, to prevent overbrowning. Remove from baking sheet. Cool on a wire rack. Makes 2 loaves (32 servings).

To make ahead: Wrap bread in freezer wrap; seal, label, and freeze for up to 6 months. Thaw overnight in the refrigerator.

Nutrition information per slice: *123 cal., 5 g fat, 0 mg chol., 3 g pro., 17 g carbo., 1 g fiber, 101 mg sodium. RDA: 16% thiamine, 10% niacin.*

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A TASTE OF ROMANCE

continued from page 148

PASSION FRUIT MERINGUE TARTS

Passion fruit are hard-shelled purple or pink fruit with yellowish-green pulp and edible seeds inside. For the tart filling, you can puree the pulp and seeds in your blender or buy frozen puree from a specialty food shop. Or, you can use pureed fresh or canned mango, or passion fruit juice or mango juice—

1 recipe Rich Tart Pastry (see recipe, *right*)
½ cup sugar
½ cup fresh *or* frozen passion fruit puree *or* mango puree, *or* ½ cup passion fruit juice *or* mango juice
⅓ cup unsalted butter

• • •

3 eggs
2 egg whites
½ tsp. vanilla
⅛ tsp. cream of tartar
¼ cup sugar

● **Divide the chilled tart pastry** into 4 portions. On a lightly floured surface, roll each portion to ⅛-inch thickness. Cut each portion into a 5-inch round. Fit the pastry rounds into 4 ungreased 4-inch tart pans with removable bottoms. Line pastry in tart pans with a double thickness of foil to prevent from overbrowning. Place pans on a baking sheet.

● **Bake pastry in a 350° oven** for 15 minutes; remove foil. Bake for 8 to 10 minutes more or till golden. Cool in pans on a wire rack.

● **For filling, in a saucepan combine** the ½ cup sugar, fruit puree or juice, and butter. Bring just to boiling over medium heat, stirring occasionally.

● **In a medium mixing bowl beat** the whole eggs slightly with a fork. Slowly add fruit mixture, beating continuously. Return to saucepan; heat and stir over medium heat about 5 minutes or until slightly thickened, but *do not boil.* Strain, if using puree; transfer to a nonmetal bowl. Cover and chill till mixture is cool.

● **For meringue, let the egg whites** stand at room temperature for 30 minutes. In a large mixing bowl beat the egg whites with an electric mixer on high speed till foamy. Add the vanilla and the cream of tartar; beat till soft peaks form (tips curl). Gradually add the ¼ cup sugar, beating on high speed till stiff peaks form (tips should stand straight).

● **To assemble, remove pastry shells** from pans. Place shells on a baking sheet. Spoon passion fruit filling into shells. Spoon meringue into a pastry bag fitted with a large star tip. Pipe meringue onto the top of each tart in a woven pattern. (Or, spoon meringue atop each tart.) Bake in a 350° oven for 10 to 12 minutes or till meringue edges are golden. Makes 4 tarts.

Rich Tart Pastry (food processor): In a food processor bowl combine ⅓ cup cut-up *unsalted* or *regular butter,* 1¼ cups *all-purpose flour* or *cake flour,* ¼ cup *sugar,* and a dash *salt.* Cover and process till mixture resembles coarse cornmeal. Add 1 *egg yolk* and 1 tablespoon *milk;* process just till mixture begins to form a ball. If dough seems dry, add another tablespoon *milk.* Form dough into a ball. Wrap the dough in plastic wrap and chill about 1 hour.

Rich Tart Pastry (hand mix): In a medium mixing bowl stir together 1¼ cups *all-purpose flour* or *cake flour,* ¼ cup *sugar,* and a dash *salt.*

Cut in ⅓ cup cut-up *unsalted* or *regular butter* till pieces are the size of small peas. Combine 1 *egg yolk* and 1 tablespoon *milk;* stir into flour mixture. If necessary, add another tablespoon *milk* if dough seems dry. Form dough into a ball. Wrap in plastic wrap and chill for 1 hour.

Nutrition information per tart: *684 cal., 36 g fat, 297 mg chol., 12 g pro., 81 g carbo., 1 g fiber, 118 mg sodium. RDA: 17% iron, 57% vit. A, 29% thiamine, 40% riboflavin, 19% niacin.*



Enjoy a glass of bubbly with this Génoise Cake in Strawberry Champagne Sauce.

GÉNOISE CAKE IN STRAWBERRY CHAMPAGNE SAUCE

Olive oil is the secret to this delicately flavored sponge cake—

6 eggs
Granulated sugar
Cake flour *or* all-purpose flour
¾ cup granulated sugar
⅓ cup extra light *or* pure olive oil (not extra-virgin olive oil)
1⅓ cups sifted cake flour *or* 1¼ cups sifted all-purpose flour
Powdered sugar
1 recipe Strawberry Champagne Sauce (see recipe, *below*)
Fresh strawberries (optional)
Fresh mint (optional)

● **Let eggs stand** at room temperature for 30 minutes. Grease bottom and sides of a 9-inch springform pan. Line bottom with parchment paper; grease paper. Sprinkle with sugar; dust with flour. Set pan aside.

● **In a large mixer bowl combine** eggs and the ¾ cup granulated sugar. Beat with an electric mixer on high speed for 15 minutes. After 15 minutes, with mixer running, gradually add oil in a thin, steady stream (this will take 1½ to 2 minutes). Turn off mixer *immediately* after all of the oil has been added.

● **Sift flour over egg mixture;** fold till no lumps remain. Pour into the prepared pan; place on a baking sheet.

● **Bake in a 350° oven** about 35 minutes or till cake springs back when touched. Cool cake completely in the pan on a wire rack.

● **To assemble, remove cake** from pan; remove and discard parchment paper. Sift powdered sugar atop cake. Cut cake into wedges. Place wedges on plates or in shallow bowls; sprinkle rims with powdered sugar, if desired. Pour sauce around the cake wedges. Garnish with strawberries and mint, if desired. Makes 10 to 12 servings.

Strawberry Champagne Sauce: In a blender container combine 5 cups *strawberries,* ¾ cup *champagne* or *sparkling white wine,* and ¼ cup *sugar.* (Or, for food processor, combine *half* of the ingredients at a time.) Cover and blend or process till smooth. Cover and chill for several hours or overnight. Makes 4 cups.

Nutrition information per serving: *271 cal., 11 g fat, 128 mg chol., 6 g pro., 37 g carbo., 3 g fiber, 39 mg sodium. RDA: 10% iron, 84% vit. C, 14% thiamine, 22% riboflavin.*

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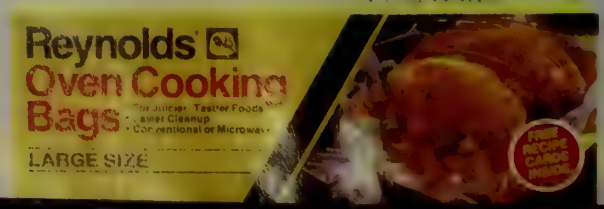


Italian Chicken

1 Reynolds Oven Cooking Bag, large size (14" x 20")
2 tablespoons flour
1 (14 oz.) jar of your favorite spaghetti sauce
4 bone-in chicken breast halves, skin removed
1 medium green pepper, coarsely chopped
1 (8 oz.) pkg. of your favorite pasta, cooked

Preheat oven to 350°F. Shake flour in bag; place in 13x9x2-inch baking pan. Add spaghetti sauce to bag. Squeeze bag to blend ingredients. Add chicken and green pepper to bag. Turn bag to coat chicken with sauce. Arrange chicken in even layer. Close bag with nylon tie; cut 6 half-inch slits in top. Bake until tender, 35 to 40 minutes. Serve over hot pasta. VARIATION: For 4 skinless, boneless chicken breast halves, subtract 10 minutes. For 8 skinless chicken pieces, add 10 minutes. Serves 4. Per serving: 386 calories, 7 grams fat (17% total calories).

Real Cooking. Why Make It Tough?



CHICKEN THIGHS WITH VEGETABLE STUFFING EASY CHICKI

WIN MONEY FOR YOUR RECIPES
See Page 156 For Details

PRIZE TESTED RECIPES®

MAIN DISHES FOR TWO

File under Meat or Poultry
February, 1993



$200 WINNER *Anne Frederick, New Hartford, N.Y.*

CUMIN CHICKEN WITH HOT-CITRUS SALSA

In a hurry? This special chicken entrée, with an orange-and-jalapeño-pepper salsa, cooks in about 6 minutes—

- **4 dried tomato halves**
- **½ cup boiling water**
- **1 medium orange**
- **2 tsp. snipped fresh cilantro *or* parsley**
- **1 tsp. grated gingerroot**
- **½ tsp. finely chopped jalapeño pepper**
- **2 skinless, boneless chicken breast halves (about ½ lb.)**
- **¾ tsp. ground cumin**
- **⅛ tsp. salt**
- **⅛ tsp. pepper**
- **1 Tbsp. cooking oil**
- **Hot cooked rice**

For salsa, in a small bowl combine tomatoes and boiling water. Let stand 10 minutes. Drain; chop tomatoes. Peel and chop orange, reserving about *2 teaspoons* of the juice.

In a medium bowl combine tomatoes, chopped orange, reserved juice, cilantro or parsley, gingerroot, and jalapeño pepper. Set aside.

Rinse chicken; pat dry with paper towels. Place *each* breast half between 2 pieces of plastic wrap. Pound chicken with a meat mallet to ¼-inch thickness. Remove plastic. Combine cumin, salt, and pepper; rub on both sides of chicken.

In a skillet cook chicken in hot oil over medium heat about 3 minutes per side or till chicken is no longer pink. To serve, spoon salsa atop chicken. Serve with hot cooked rice. Makes 2 servings.

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PRIZE TESTED RECIPES®

BEST CHOCOLATE DESSERTS

File under Desserts
February, 1993



$200 WINNER *Melissa Luebkemann, Tallahassee, Fla.*

RASPBERRY TRUFFLE CAKE

Don't worry if this nearly flourless cake seems soft after baking—it firms upon chilling—

- **16 oz. (16 squares) semisweet chocolate, cut up**
- **½ cup butter**
- **1 Tbsp. sugar**
- **1½ tsp. all-purpose flour**
- **1 tsp. raspberry liqueur (optional)**
- **4 eggs, separated**
- **1 12-oz. jar seedless raspberry jam (1 cup)**
- **Whipped cream**

In a large heavy saucepan combine chocolate and butter. Cook and stir over low heat till chocolate melts. Remove from heat. Stir in sugar, flour, and liqueur. Using a spoon, beat in egg yolks, one at a time, till combined. Set aside.

In a mixing bowl beat egg whites with an electric mixer on high speed till stiff peaks form. Fold into chocolate mixture. Pour into a greased 8-inch springform pan. Bake in a 350° oven for 25 to 30 minutes or till edges puff. Cool on a rack for 30 minutes. Remove sides of pan; cool completely. Chill, covered, for 4 to 24 hours.

Heat jam just till melted. To serve, drizzle jam on each dessert plate; top with cake slice, whipped cream, and *fresh raspberries,* if desired. Serves 12.

Nutrition information per serving: *459 cal., 29 g fat, 119 mg chol., 53 g carbo.*

PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

BEST CHOCOLATE DESSERTS

File under Desserts
February, 1993



$100 WINNER *Anne Evans, Southborough, Mass.*

PEANUT-BUTTER-CHOCOLATE SHORTBREAD

A creamy peanut butter filling hides inside two rich chocolate shortbread layers—

- **1½ cups margarine *or* butter**
- **1½ cups sifted powdered sugar**
- **1½ tsp. vanilla**
- **2 cups all-purpose flour**
- **⅔ cup unsweetened cocoa powder**
- **2 Tbsp. cornstarch**
- **¼ tsp. salt**
- **1 cup finely chopped unsalted peanuts**
- **1 cup creamy peanut butter**
- **1 cup sifted powdered sugar**
- **½ cup semisweet chocolate pieces**
- **16 milk chocolate kisses**
- **16 whole unsalted peanuts**

In a large mixer bowl beat margarine or butter till softened; beat in the 1½ cups powdered sugar and the vanilla. Add flour, cocoa powder, cornstarch, and salt; beat till smooth. Stir in chopped peanuts. Reserve *1⅓ cups* of cocoa mixture. Spread remaining cocoa mixture in the bottom and up the sides of an ungreased 10-inch tart pan with a removable bottom, or in the bottom and one inch up the sides of a 10-inch springform pan.

In a bowl stir together peanut butter and the 1 cup powdered sugar; stir in chocolate pieces. Carefully spread peanut butter mixture over crust. Spoon remaining cocoa mixture over peanut butter mixture; carefully spread to cover. Using the tines of a fork, score shortbread into 16 wedges. Bake in 325° oven about 50 minutes or till surface looks slightly dry. Cool slightly. While warm, place a chocolate kiss on each wedge. When kiss softens (about 10 minutes), top with a peanut. Score wedges again. Cool

Clip along here and file punched pages in your *New Cook Bo*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

MAIN DISHES FOR TWO

File under Meat or Poultry
February, 1993



$100 WINNER *Katherine St. Pierre, Dumfries, Va.*

SPICY BEEF AND CABBAGE ROLL-UPS

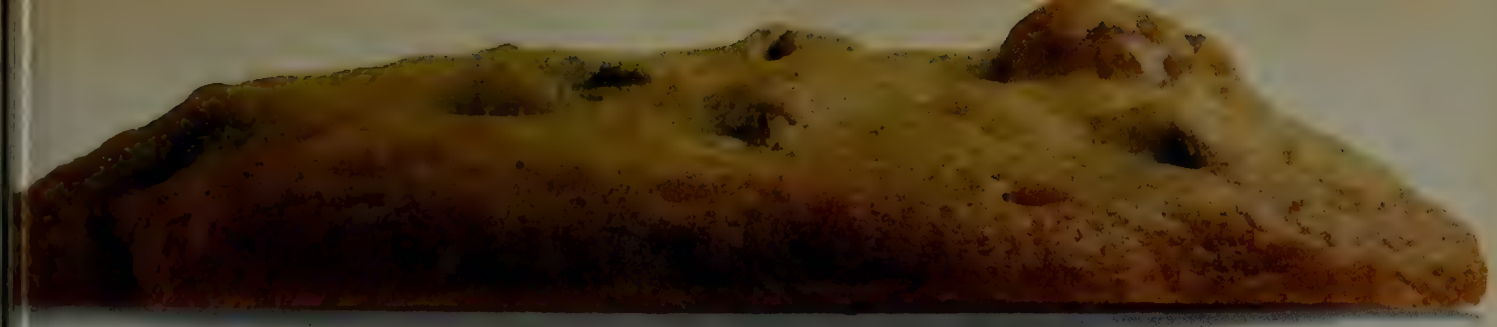
These bundles of beef, rice, and vegetables showcase flavors from the Orient—

- **6 oz. boneless beef sirloin steak**
- **2 tsp. cornstarch**
- **2 tsp. soy sauce**
- **1½ tsp. sugar**
- **4 large Chinese cabbage leaves *or* cabbage leaves**
- **4 tsp. hoisin sauce *or* catsup**
- **1½ tsp. bean sauce *or* bean paste (optional)**
- **1 tsp. ground ginger**
- **1 tsp. rice wine *or* dry sherry**
- **1 tsp. sesame oil**
- **¼ to ½ tsp. ground red pepper**
- **1 clove garlic, minced**
- **2 Tbsp. cooking oil**
- **1 large carrot, shredded**
- **½ of a medium red *or* green sweet pepper, cut into julienne strips**
- **3 green onions, thinly sliced**
- **¾ cup quick-cooking rice, cooked**

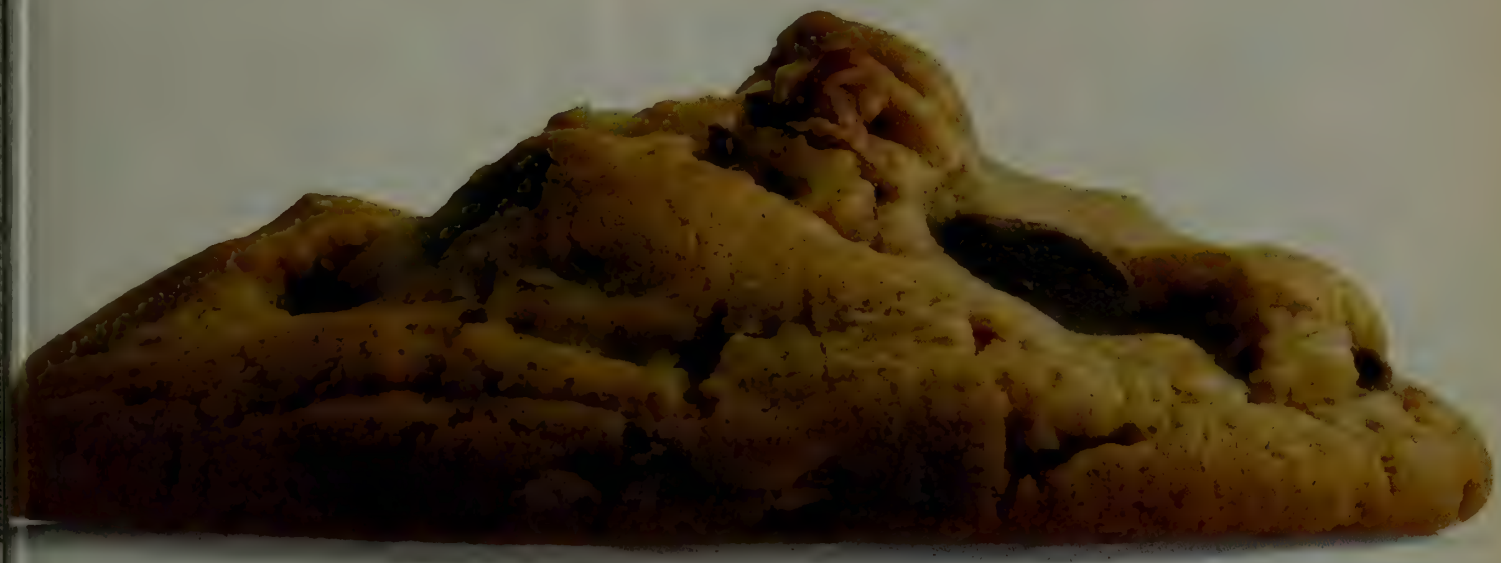
Trim fat from beef; partially freeze. Thinly slice into julienne strips. In a bowl combine beef, cornstarch, soy sauce, and *½ teaspoon* of the sugar; set aside. Place cabbage leaves in boiling water for 1 minute; drain. In a small bowl combine remaining sugar, hoisin sauce, bean sauce, ginger, wine, sesame oil, and ground red pepper.

In a wok or large skillet, stir-fry garlic in hot oil over medium-high heat for 15 seconds. Add beef mixture; stir-fry for 2 to 3 minutes or till done. Stir in hoisin mixture, carrot, sweet pepper, and onions. Cook and stir 1 minute more. To serve, place *one-fourth* of the cooked rice on each cabbage leaf; top with *one-fourth* of the beef mixture. Fold in sides of leaves; roll up. Serve at once. Makes 2 servings.

Nutrition information per serving: *494 cal., 24 g fat, 57 mg chol., 24 g pro., 44 g carbo., 3 g*

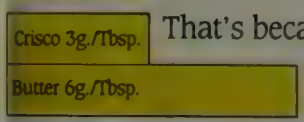


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Saturated Fat Comparison.
Crisco 12g. total fat per tablespoon.

The Ultimate Chocolate Chip Cookie

3/4 cup Butter Flavor Crisco®
1-1/4 cups firmly packed light brown sugar
2 Tbsps. milk
1 Tbsp. vanilla
1 egg
1-3/4 cups all-purpose flour
1 tsp. salt
3/4 tsp. baking soda
1 cup semi-sweet chocolate chips
1 cup large pecan pieces (optional)**

Heat oven to 375°F. **Combine** Butter Flavor Crisco, brown sugar, milk and vanilla in large bowl. Beat at medium speed of electric mixer until creamy. **Beat** egg into creamed mixture. **Combine** flour, salt and baking soda and mix into creamed mixture until just blended. **Stir** in chocolate chips and pecan pieces. **Drop** rounded tablespoonfuls (about 2 measuring tablespoons of dough) 3 inches apart on ungreased baking sheet. **Bake** at 375° for 8 to 10 minutes for chewy cookies (cookies will appear moist—DO NOT OVERBAKE), or 11 to 13 minutes for crisp cookies. Cool on baking sheet 2 minutes. **Remove** to cooling rack.

3 Dozen 3-Inch Cookies **Note: if nuts are omitted, use 1-1/2 cups semi-sweet chocolate chips.



*Butter Flavor Crisco is artificially flavored.
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How would you like to win cash or new products for your home? Send your original recipes to our Prize Tested Recipes Contest. Each month, we ask you to send us recipes that fit the two recipe categories. Seven months later we feature the four top recipes on the Prize Tested Recipes pages.

HINTS FOR THIS MONTH'S CATEGORIES

Best-Loved Casseroles

Do you have a favorite casserole that's uniquely yours? Maybe you've revamped it to make it healthier. Is it made ahead or micro-cook[able]?

Tropical Fruit Desserts

Do you create a luscious dessert from tropical fruits, such as papaya, star fruit, banana, or pineapple? You can use canned, fresh, or dried tropical fruits in any type dessert.

WINNERS IN THIS ISSUE
(pages 153 and 154)
All winners received
Rubbermaid dinnerware.

$200 Winners

Anne Frederick, New Hartford, N.Y.
Melissa Luebkemann, Tallahassee, Fla.

$100 Winners

Anne Evans, Southborough, Mass.
Katherine St. Pierre, Dumfries, Va.

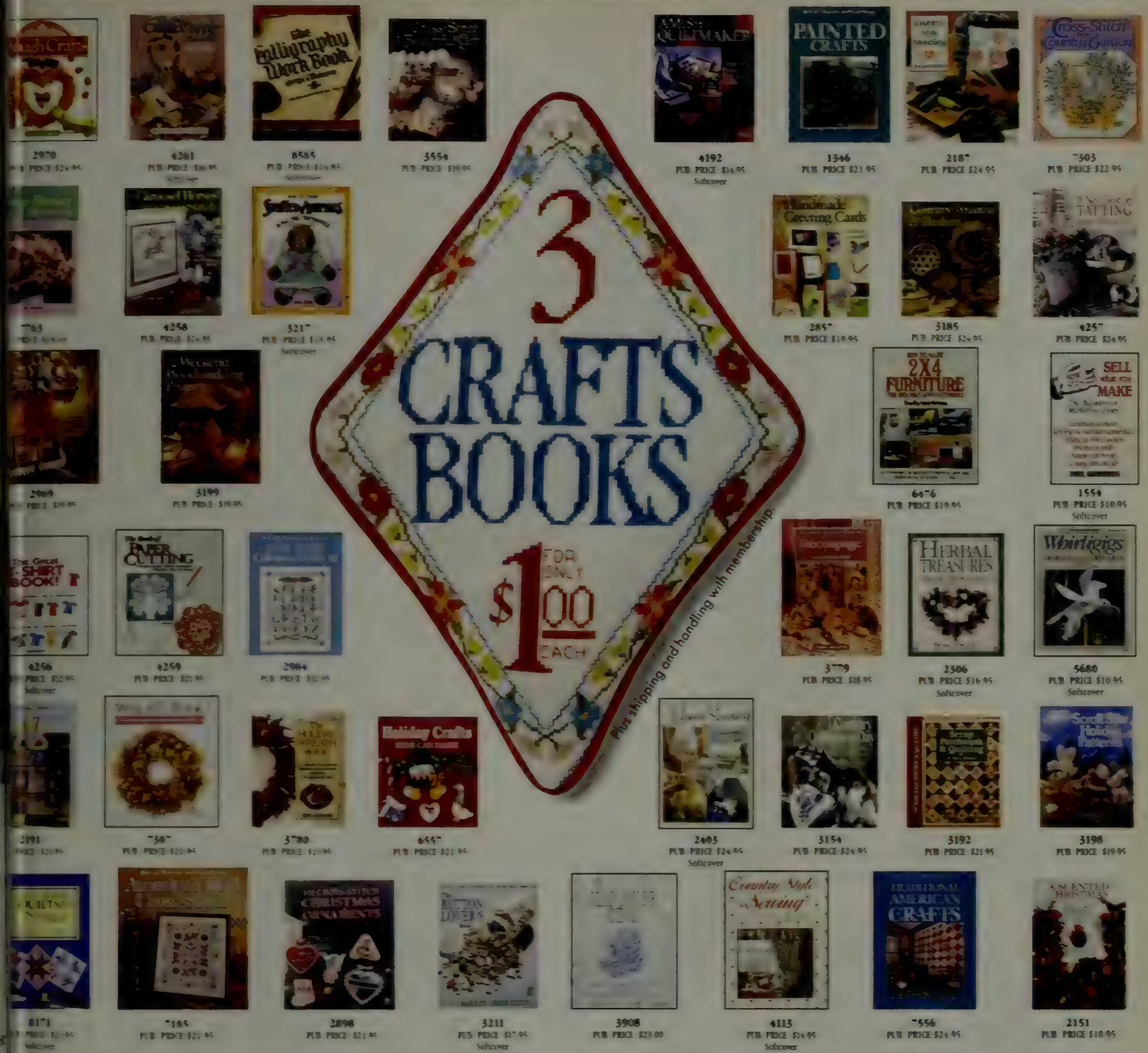
Honor Roll Winners

Nathan Clayton, *Marietta, Ga.;* [illegible] Herud, *Clifton, N.J.;* Lisa Keys, *Middlebury, Conn.;* Denise Olear, *Jackson, N.J.;* Patricia Schroedl, *Jefferson, Wis.;* JoAnn Williams, *Altamonte Springs, Fla.*

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. **2.** With each entry, print your name, address, and recipe marked "September Tropical Fruit Desserts" or "September Best-Loved Casseroles." Specify brands and recipe origin. **3.** Address recipes to 9309 Food Dept., Better Homes and Gardens, Des Moines IA 50309-3023. **4.** Postmark all entries by February 27, 1993. **5.** Winners are selected about 60 days later, then notified by mail. **6.** Entries must be original, and will be judged on creativity, taste, and practicality. **7.** Entries are not returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes.

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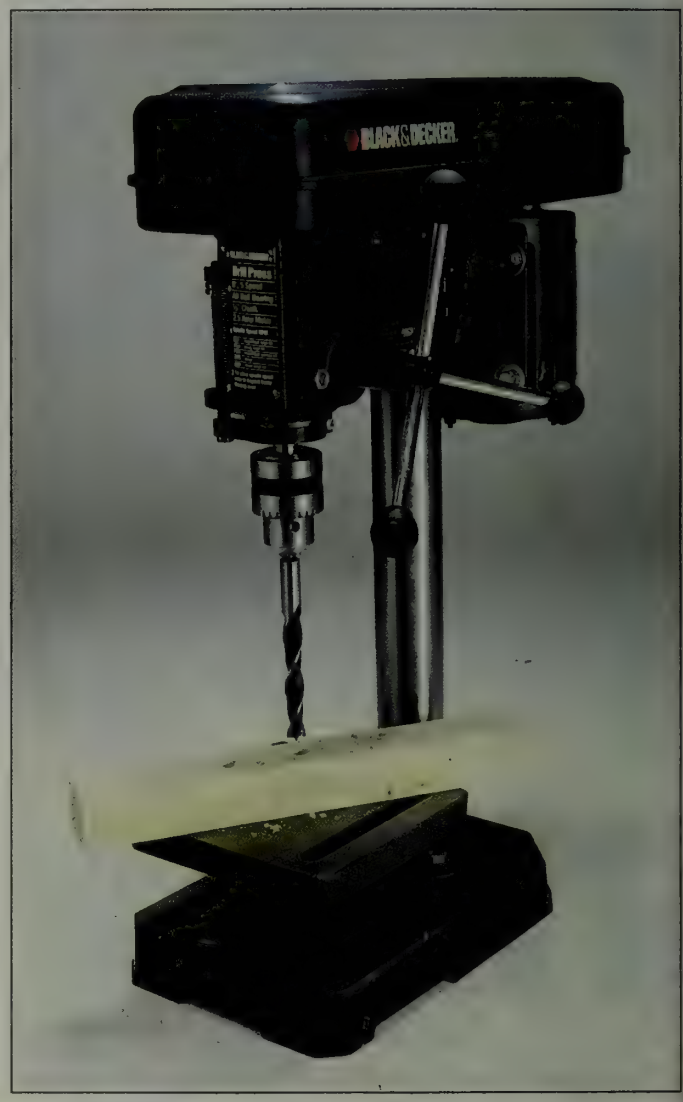
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THE ABCs OF CHOOSING A POWER DRILL



A Black and Decker 9400 drill press is a great tool for the home workshop. This five-speed drill press comes with a 2.5 amp high-torque motor, an adjustable worktable and a depth scale, and it can drill to the center of an 8-inch hole.

Whether you're a weekend handyman or a seasoned craftsman, a power drill can be a trusted companion. The right drill can provide years of service and will meet most any wood-boring task. The selection is larger than you might expect. Here's a rundown of your choices.

The driving force: Decide first whether you want a drill, a driver, or a tool that does both. A drill is designed only for drilling holes. A drill/driver offers the convenience of drilling, but turns slowly enough to drive screws. A driver can only drive screws.

Convenience or power: Cordless models offer unbeatable flexibility. Forget about long extension cords with these go-anywhere units. Cordless drills are easy on your eardrums and they're perfectly safe in wet conditions, but they have less torque and power.

Going cordless: Most full-size cordless drills and driver/drills will have a removable 7.2- or 9.6-volt battery. Remember, higher voltage batteries offer greater torque and power, not increased running time. If your drilling tasks are light and your budget is limited, light-duty cordless units may be just the ticket. Their battery packs are usually built into the unit, meaning the entire drill is out of commission while the battery recharges.

In the clutch: An adjustable clutch in your cordless drill may be worth the cost. The clutch limits torque and can let you stop the bit before it drills through your workpiece.

A battery of choice: Expect to get about 300 charges from removable batteries and about 1,000 from the built-in varieties. With removable models, you may want a second battery because nickel cadmiums may die

Going electric: Electric drills offering 1,000 to 1,300 rpm can help you complete a greater variety of tasks than their more powerful 2,000 rpm siblings. Slower drills have more torque for jobs demanding

This low-priced Makita 6404 electric drill is ideal for nearly any wood-boring task, but it lacks sufficient torque for turning screws. It features a built-in belt clip and an attached chuck key for added convenience.



COURTESY MAKITA

ing screws. Faster drills tend to jerk on start-up, making screw driving hazardous duty.

Helpful features: Choose a drill with a reversing switch to back out screws and to remove stuck bits. Drills with variable speeds improve control because they let you gradually build up power.

Grip and grin: Drills should feel like a natural extension of your hand. Because they vary greatly in balance, size, and handle, be sure to try them out before buying.

Do I need a drill press? If your woodworking projects require precise drilling of many holes, you'll likely find your portable drill inadequate. A drill press might be the answer. Benchtop models are an excellent choice if you have limited floor space. But they have less "table travel"—the distance the table lowers from the bottom of the chuck.


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California Avocado Penne Pasta

California Avocado Tuna Sandwich

Piece.



Some of the world's most impressive works of art aren't found on museum walls. They're displayed on dinner tables all across the country. Every creation is unique, yet they are influenced by one common ingredient. The California Avocado.

¶ It's wonderful chopped over classic pasta. Exquisite tossed into a spinach salad. And adds a delicious new dimension to chicken. ¶ In fact, it can make any meal a masterpiece.

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ENJOY TODAY'S LEAN MEATS
A guide to buying and cooking them



Roast beef can be part of a healthful diet.

Sometimes, only a meat-and-potato dinner will do. When the mood strikes, remember: You *can* enjoy your favorite foods—grilled steak, hearty stew, broiled chops—without guilt. Smart shopping, cooking, and eating habits pave the way to including beef, veal, pork, and lamb in your weekly diet.

The good news is that many fresh meats are leaner than ever before because ranchers and other meat producers now raise leaner animals. Plus, butchers trim off more fat from steaks, roasts, and chops, leaving only a quarter inch of fat (or less).

The three ways to eat lean when it comes to meat include: buying lean, cooking lean, and then limiting the quantity. First, satisfy your hankering by buying those cuts of meat that contain less fat.

THE LEANEST MEAT CUTS

Best-bet beef: At the supermarket, look at both the grade and the cut of beef. The three grades of beef you'll find most often are Prime, Choice, and Select. Prime contains the most marbling (fat within the meat) and, consequently, the greatest amount of fat. Of the three grades, Select beef cuts contain the least marbling and total fat. Besides the beef grade, you can choose certain cuts to limit the amount of fat in the meats you eat. Try these:

- **Top loin steak**
- **Tenderloin roast or steak**
- **Porterhouse or T-bone steak**
- **Bottom and top sirloin steak**
- **Top sirloin roast**
- **Top round roast**
- **Eye of round roast and steaks**

Veal choices: Veal is naturally lean because the meat comes from young animals that have not yet developed much fat. As for beef, the USDA grades veal into Prime, Choice, and Select categories. The leanest cuts are:

- **Veal cutlet**
- **Chops—arm, rib, or loin**
- **Shoulder arm roast and steak**
- **Round steak**
- **Ground veal**

Pork options: Today, pork is 50 percent leaner than it was 20 years ago. The leanest pork cuts include:

- **Boneless loin roast and chops**
- **Top loin roast**
- **Tenderloin**
- **Top loin chops**
- **Loin chops**
- **Boneless ham**
- **Canadian bacon**

Lamb choices: In the supermarket, you can identify the leanest lamb by looking for a red, white, and blue Certified Fresh American Lamb stamp on the packages. The leanest cuts of lamb come from the leg and loin. Try these:

- **Sirloin chops**
- **Boneless leg roast**
- **Whole leg**
- **Loin chops**

HOW TO COOK LEAN

- Trim off all separable fat from meat before cooking. This significantly reduces the total fat and cholesterol in the cooked portion.
- Choose such lean cooking techniques as broiling, grilling, pan-broiling, poaching, or roasting. Remember to roast and broil meats on a rack so fat drips away during cooking. Discard the meat drippings instead of making them into gravy.
- Limit additional fats, or better yet, refrain from using them in meat recipes. Use nonstick spray instead of oil for browning. Use low-fat ingredients when possible.
- For the juiciest results, cook lean meats to no more than medium doneness (160°). Lean meats that are cooked till well done may taste less flavorful and may be dry and tough. Not overcooking is especially important for beef cuts graded Select.

HOW MUCH MEAT TO EAT?

Remember moderation. Project-LEAN recommends that no more than 30 percent of your daily calories come from fat. That means limiting the amount of meat you consume at any one meal or throughout a day.

Generally, a 3- to 4-ounce cooked portion of meat once or twice a day will satisfy your protein need. Three ounces doesn't fill you up? If you indulge in a larger meat portion, balance your diet with lower-fat foods.

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SHOPPER'S GUIDE TO RICE

Rice, often called "the world's leading bread," has many uses. Serve it in casseroles, soups, salads, and even desserts. The various types and processing methods increase the grain's versatility. Here's a sampling.

White rice: There are three types: long, medium, and short grain. The shorter the grain, the more starch the rice contains, which causes it to stick together when cooked. Long-grain rice cooks up light and fluffy.

Converted rice: Also called parboiled rice, this white rice is steamed and pressure-cooked before it's packaged. This process helps to retain nutrients and keep the grains from sticking together when cooked.

Instant and quick-cooking rice: Popular because of the short cooking time, instant and quick-cooking rices are partially or fully cooked before they're packaged.

Brown rice: The unpolished rice grain called brown rice, has the bran layer intact. Pleasantly chewy and nutty in flavor, brown rice requires longer cooking.

Aromatic rices: The aroma of Basmati, Texmati, Wild Pecan, jasmine, or popcorn rice is irresistible! These rices taste like toasted nuts or popped corn. Look for them in food markets featuring Indian or Middle Eastern foods or in some supermarkets.

Wild rice: Not a grain at all, wild rice is a marsh grass. It takes three times as long to cook as white rice, but the nutlike flavor and chewy texture are worth the wait. Wash wild rice thoroughly before cooking.

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FOOD

DIP IN!
3 Easy Sauces for Appetizers



SWEET-AND-SOUR
In a small saucepan stir together ½ cup packed *brown sugar* and 1 tablespoon *cornstarch.* Stir in ⅓ cup *chicken broth;* ⅓ cup *red wine vinegar;* 1 tablespoon *soy sauce;* 1 clove garlic, minced; and 1 teaspoon grated [illegible]. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Serve warm. Makes about ¾ cup.

40 calories per tablespoon

CHINESE MUSTARD
In a small bowl or storage container stir together ¼ cup *brown mustard,* 2 tablespoons snipped *fresh cilantro,* 2 teaspoons *water,* and 1 teaspoon *sesame oil.* Cover and chill the sauce overnight to allow the flavors to blend. To serve, remove from the refrigerator and bring the mustard sauce to room temperature. Makes about ¼ cup.

2[illegible] calories per tablespoon

SPICY HOISIN
In a small saucepan stir together ⅓ cup *water;* 2 tablespoons *hoisin sauce,* 2 tablespoons *soy sauce,* 2 tablespoons *sake* or *dry sherry;* ½ teaspoon *sugar;* and ½ teaspoon *chili powder.* Heat mixture to boiling. Reduce heat. Simmer, uncovered, 5 minutes or till reduced to ½ cup. Serve warm. Makes about ½ cup.

17 calories per tablespoon

Continued from page 124

...nd pillows—Winmill Fabrics, 107-111 Chauncy St., Boston, MA 02111. **Green rag ...ug**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044; 800/922-5507. (***Center***): **Iron-and-brass bed-...stead, nightstand**—Domain, 51 Morgan Dr., Norwood, MA 02062. **Clock**—Waddles Country Store, 574 Washington St., S. Easton, MA 02375. **Framed art**—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062; 800/323-5461. **Embroidered duvet and pillow**—Linens on the Hill, 52 Charles St., Boston, MA 02114. **Table ...amp**—Newstamp Lighting Co., 227 Bay Rd., North Easton, MA 02356. **Drapery holders**—The Pottery Barn (address above). (***Bottom***): **Carpet**—Philadelphia Mfg. Co., P.O. Drawer 2128, 616 E. Walnut Ave., Dalton, GA 30722-2128. **Wicker chair**—The Wicker Porch, 335 Wareham Rd., Marion, MA 02738. **Wicker ta-...le, rag rug, goblet**—The Pottery Barn (address above). **Mohair throw, desk lamp, ficus ...ree, basket**—Crate & Barrel (address above). **Sofa pillow fabrics**—F. Schumacher & Co., 939 Third Ave., New York, NY 11803.

SUN-SPLASHED BATHS

Pages 100–101: Marble—Carrera White, no ...ource. **Plumbing fixtures**—Kohler Co., Kohler, WI 53044. **Faucets**—Grohe America Inc., 900 ...ively Blvd., Wood Dale, IL 60191. **Glass block,** "Decora"— Pittsburgh Corning, 800 Presque ...sle Dr., Pittsburgh, PA 15239; 800/992-5769. **Plastic laminate**—Wilsonart, 600 General ...Bruce Dr., Temple, TX 76504. **Lighting**—Lightolier Inc., 100 Lighting Way, Secaucus, NJ 07094. **Pages 102–103: Tile**—Summitville Tile Inc., P.O. Box 73, Summitville, OH 43962; 216/223-...511. **Faucets and towel bars**—Kroin, Inc., 180 Fawcett St., Cambridge, MA 02138; ...800/77KROIN. **Sinks**—imported. **Lights**—...ightolier Inc. (address above). **Cabinets**—Sie-...matic Corp., 886 Town Center Dr., Langhorne, PA 19047; 800/765-5266. **Bathtub and heat ...ight**—Kohler Co., Kohler, WI 53044. **Green-...ouse windows**—O'Keefe's Inc., 75 Williams ...Ave., San Francisco, CA 94124. **Pages 104–105: Lighting fixtures**—Georgia ...ighting, 530 14th St., NW, Atlanta, GA 30318; ...800/282-0220. **Sinks**—Palm Beach, Ceramica ...Paladares, imported from Portugal. **Glass ...block**—Pittsburgh Corning, 800 Presque Isle ...Dr., Pittsburgh, PA 15239; 800/992-5769. **Sink ...faucets**—Jado Bathroom and Hardware Mfg., P.O. Box 1329, Camarillo, CA 91331; 800/227-...7734. **Shower faucet**—Price Pfister Inc., 13500 ...Paxton St., Pacoima, CA 91331. **Tub faucet**—...Kohler Co., Kohler, WI 50344. **All accesso-...ries**—furnished by Camille's Antiques and Collectibles, Atlanta Antiques Center, Ste. 32, 5360 ...Peachtree Industrial Blvd., Atlanta, GA 30341.

UPTOWN COUNTRY

...ages 109–116: All furniture—The Lane Co., ...Inc., P.O. Box 151, Altavista, VA 24517-0151. **...pholstered furniture**—The Clyde Pearson ...Co., 1420 Progress St., High Point, NC 27260. **...Window blinds**—Joanna, A CHF Co., P.O. Box ...10727, Charlotte, NC 28241-2076. **Painted ...floor**—Magic Brush, 902 Wharton St., Greensboro, NC 27401. **...age 111: Torchère**—George Kovacs, Inc., ...50 E. 59 St., New York, NY 10022. **...age 114: Halogen lamp**—Basic Concepts, ...1225 Rockwell Ave., Cleveland, OH 44114.

Page 116: Shaker boxes—Unfinished Business, P.O. Box 246, Wingate, NC 28174.

A TASTE OF ROMANCE FROM HISTORIC INNS

Page 127 (*top center*): Gold-rimmed plate, "Diplomat"—Homer Laughlin China Co., Newell, WV 26050; 800/452-4462.

Pages 128–129 (*top left*): Candlestick—The River Peddler, Lower Level, St. James Hotel, 120 Bush St., Red Wing, MN 55066. **Bread plate,** "Old Country Roses"—Royal Doulton, 700 Cottontail Lane, Somerset, NJ 08873; 908/356-7880.

Pages 130–131 (*bottom left*): Plate, "Diplomat"—Homer Laughlin China Co. (address above). (***Right***): **Platter,** "Rosemead"—Mikasa, 1 Mikasa Dr., Secaucus, NJ 07096.

Pages 132–133 (*Top left*): Plate, "Seville Blanc"—Homer Laughlin China Co. (address above). (***Bottom left***): **Plate,** "Seville Blanc"—Homer Laughlin China Co. (address above).

Page 134: Plate, "Seville Blanc"—Homer Laughlin China Co. (address above).

Page 150: White plate, "Seville Blanc"—Homer Laughlin China Co. (address above).

PRIZE TESTED RECIPES®

Page 153 (*left*): Plate, "Wheat Gold"—Acadia Colors Collection, The Pfaltzgraff Co., Consumer Services, P.O. Box 2048, York, PA 17405; 800/999-2811. **Fork,** "Regalia"—Yamazaki Tableware, Inc., 150 North St., Teterboro, NJ 07608.

Page 154 (*right*): Plate, "Mallorca"—Maple Sierra Green, A. Mallory, 1977 S. Sepulveda Blvd., Los Angeles, CA 90025; 310/289-0605.

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Pages 89–96: Architect—Claude Miquelle, Miquelle Architecture, 374 Front St., Marion, MA 02738. **Builder**—Douglas A. King Builders, Inc., 50 Oliver St., North Easton, MA 02356-1444. **Interior design**—Marge Benson, 13 Commonwealth Ave., Boston, MA 02116. **Landscape design**—Weinmayr Assoc., Inc., 7 South St., Somerville, MA 02143.

SUN-SPLASHED BATHS

Pages 100–101: Architect—Aldrich Architects, 2 Nickerson St., Ste. 105, Seattle, WA 98109.

Pages 102–103: Architect—Richard Jessup, AIA; **Designer**—Kimberly Jessup, 444 Miller Ave., Mill Valley, CA 94941. **Interior design**—Melanie Nichols, Shibui Design Group, 21 Crescent Ln., San Anselmo, CA 94960. **Stained glass window designer**—Arthur Stern, Stern Architectural Glass, 1221 Eighth Ave., Oakland, CA 94606.

Pages 104–105: Architect—Allen Hoss, Hoss Viscardi & Co., 378 Clifton Rd., Atlanta, GA 30307. **Builder/contractor**—Rock Heindel, Lexington Construction & Renovation, 83 Dartmouth Ave., Avondale Estates, GA 30002.

UPTOWN COUNTRY

Pages 109–116: Floor designer—John Kraus, Magic Brush Inc., 902 Wharton St., Greensboro, NC 27401; 919/274-4167.

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7 MONEY-SAVING CAR MAINTENANCE TIPS

1. Check engine oil

Critical for long engine life

Tools: Funnel, clean rag
Time: 5 minutes, weekly
Materials: Quart of oil as specified by your owner's manual
Tips: Check with engine not running and the car on level ground. Add a quart only if oil level on the dipstick is at or below the lower, or Add, mark.

2. Change wiper blades

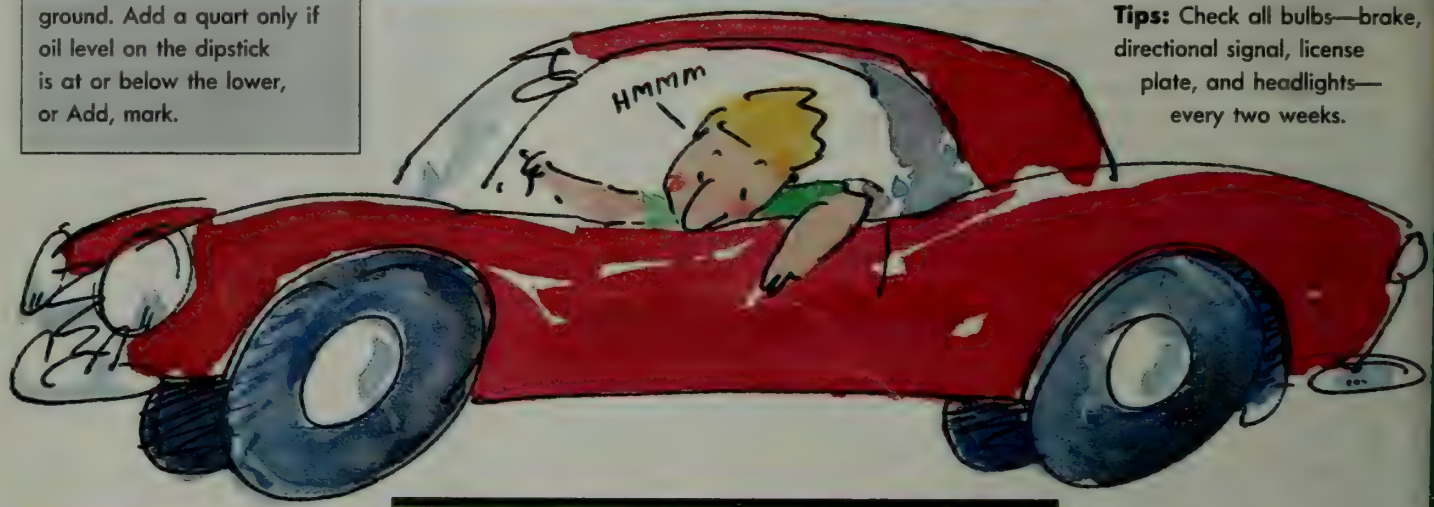
Critical for safety

Tools: Pliers or small screwdriver or both or neither, depending on car
Time: 15 minutes; as needed, at least twice a year
Materials: Replacement wiper blades
Tips: While only the rubber squeegees that wipe the glass wear out, most replacements come with the metal or plastic piece that holds the blade, too. Various mounting methods connect to the wiper arm on your car; check diagrams on the blades' packaging for the right match. Oversized blades can foul up against the windshield molding.

3. Replace bulbs

Important for visibility

Tools: Regular (blade-type) or Phillips or Torx screwdriver, depending on car and light
Time: 10 to 15 minutes per replacement light
Materials: Replacement bulbs of the correct type
Tips: Check all bulbs—brake, directional signal, license plate, and headlights—every two weeks.



4. Check engine coolant

Critical for engine life

Tools: None
Time: Five minutes, weekly
Materials: Mixture of half antifreeze coolant, half water
Tips: A car coolant reservoir is clear plastic so you can see how high the level is; most are marked for both hot and cold levels, which differ. If the coolant is lower than the appropriate mark, add your mix to this container—not to the radiator. *Caution:* Never open a hot radiator; you can be seriously scalded by steam.

5. Check automatic transmission oil

Critical for transmission life, performance, and fuel economy

Tools: Long-neck funnel, clean rag
Time: 15 minutes, monthly
Materials: Quart of transmission oil or fluid as specified in owner's manual
Tips: Some cars must be running at idle for this task; others require the engine to be off. Check owner's manual. Don't overfill the transmission. Some transmissions have a special fill hole; others get fluid added through the dipstick hole. Be sure your funnel fits.

6. Lubricate hinges, locks, and latches:

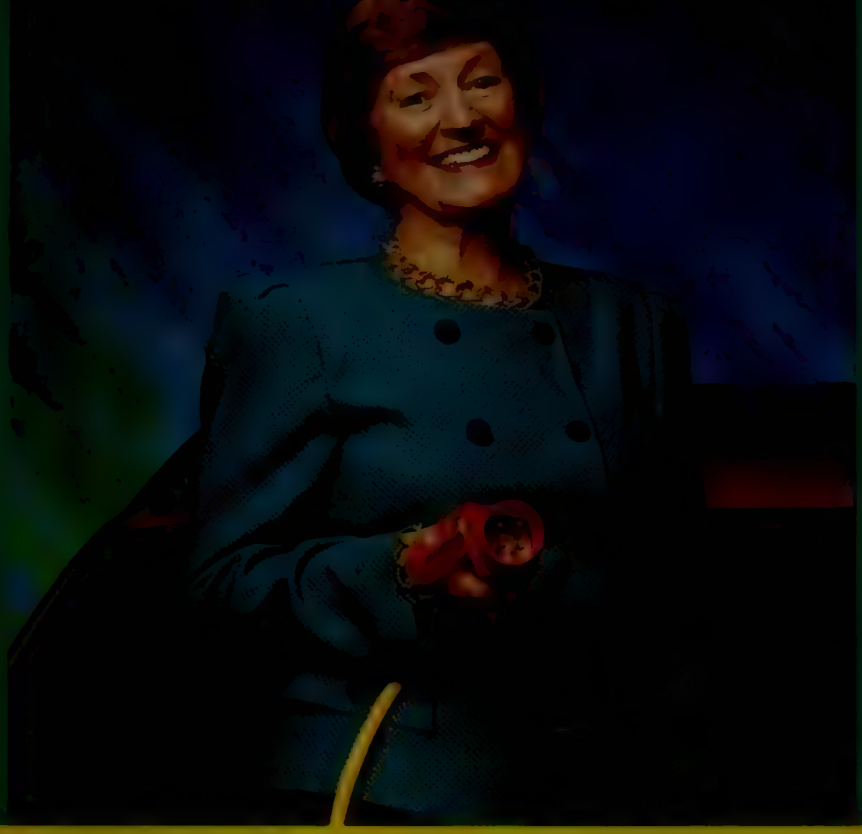
Helps keep doors, trunk, tailgate, and locks working smoothly and quietly

Time: 20 minutes, monthly
Materials: Light oil, graphite, or lock lubricant
Tips: Open and close all car doors and trunk lid or tailgate, apply a little oil to the moving hinge and latch mechanisms; use sparingly so it doesn't drip. Squirt graphite into lock cylinders, work it around with the key.

7. Check tire pressure

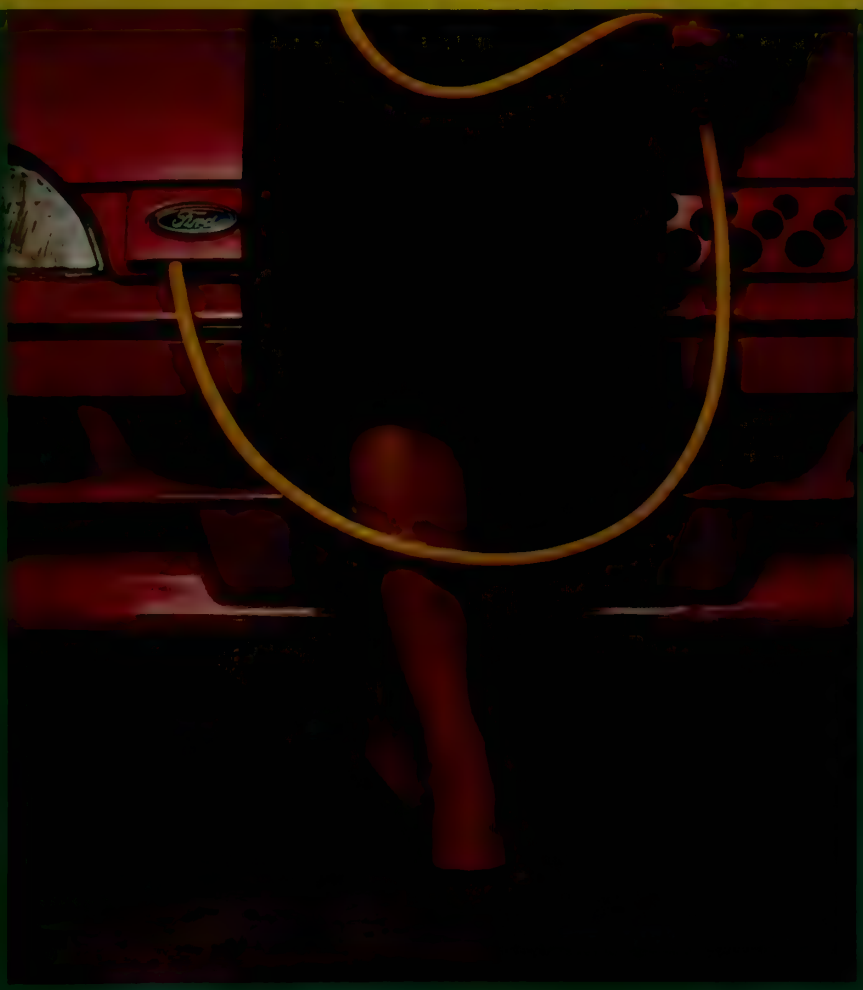
Important for safety, ride comfort, handling, load carrying, and tire life

Tools: Tire pressure gauge
Time: Ten minutes, twice a month
Materials: None
Tips: Check tires while they're cold—before driving. Pressure greater than owner's manual specifications can improve fuel economy, but lead to a harsher ride. Don't exceed maximum inflation pressure, as embossed on the tire. Buy a gauge that reads to at least 60 psi to check your mini-spare. Be sure to replace all caps on tire valves to keep dirt out.



Roberta J. Nichols, Ph.D
Ford Environmental Engineer

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DISNEY Hotels

Going to Disney World and wondering where to stay? Our insider's guide unlocks the secrets of Disney's 12 resorts. We'll show you where to hang your mouse ears if you long to lie on a white sand beach, want a special program for the kids, desire a quiet getaway, or need to be kind to your wallet.

BY LOIS ANNE NAYLOR

The best way to immerse yourself in Mickey's Orlando, Florida, kingdom is to stay in one of the theme park's dozen hotels. Sleep in a tree house at Disney's Village Resort, go Hawaiian at the Polynesian, or camp at Fort Wilderness. Disney's creative decorating enhances even standard rooms.

Disney hotels offer their guests perks denied to other World visitors—free transportation to the parks, restaurant reservations when you book a room, guaranteed tee times at Disney's golf courses, and an hour's head start at the Magic Kingdom four days a week.

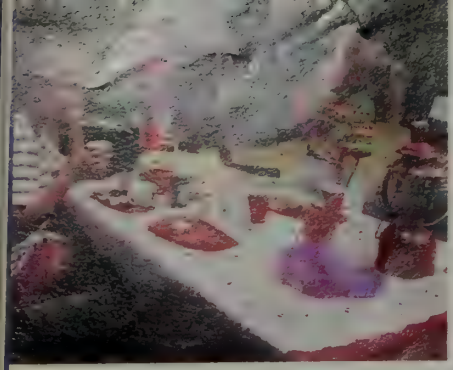
Rates. Prices are the range for a double room. You'll typically save $10–$20 a night during the value season, which in 1993 runs until February 13, April 18–June 11, and August 15–December 20.

Information. Hotels: call your travel agent or *407/W-DISNEY.* Disney World: *Walt Disney World Guest Information, Dept. BHG, P.O. Box 10,040, Lake Buena Vista, FL 32830-0040; 407/824-4321.* Orlando: *Orlando/Orange County CVB, 800/551-0181.*

continued on page 164



Water fun draws guests to Disney's economical Caribbean Beach, above, and to the plush Yacht and Beach Club, left.



DISNEY

continued from page 163

Fort Wilderness is tops for an outdoor experience where kids can run off energy. You don't need to keep youngsters quiet or dress for dinner.

THE BUDGET PLAN

Disney treats its cost-conscious guests like first-class citizens when it comes to swimming. Each of its three motel-style properties sports a large pool complex. Although all three offer basically the same small rooms, Disney's theming dresses them up differently. Year-round rates: *$89–$119.*

Caribbean Beach. The vast Caribbean Beach Resort gives you a Disney-clean feeling of five Caribbean islands. Each two-story complex displays a color typical of its native counterpart. You know you're in Jamaica when you arrive at the yellow buildings; Barbados beckons with a rosy glow.

Stretch out in a hammock slung between two palm trees or on a chaise lounge on a beautiful white sand beach, and you can believe that you're in Aruba or Martinique. Separate island beaches make Caribbean Beach the top choice in this price category. The resort's biggest handicap comes from its lack of a sit-down restaurant; you must queue up with the guests in the other 2,111 rooms at a food court.

Port Orleans. If you don't want to walk far, choose the 1,008-room Port Orleans, the most compact of the three value resorts. Disney's G-rated version of New Orleans conveys the spirit of the French Quarter with help from a brick courtyard by the check-in area, lacy grillwork (look for the mouse ears), fountains, and lush landscaping—palm trees, dogwoods, crepe myrtles, and hibiscus.

Designers brought back booty from an actual New Orleans parade to decorate the food court, set in a make-believe Mardi Gras factory. A pirate mask, a court jester, and other memorabilia surround diners munching on jambalaya, gumbo, and beignets, as well as non-themed fare.

Dixie Landings. Live oaks, pines, and weeping cypress transport you to the bayous of Dixie Landings. Separated by the 3.5-acre Ol' Man Island recreational area, two distinct settings house this resort's 2,048 units. Hickory furniture dresses Alligator Bayou's rooms rustically, while tapestry, maple, and gold trimmings contribute an elegant look to the four "mansions" of Magnolia Bend.

Coming spring 1994. Disney is projecting rates starting in the low $60s for the 3,800 rooms of the All-Star Resorts.

MID-PRICED HOTELS

Polynesian. Enter the open-air lobby of the Polynesian Resort, and you are transported to a tropical oasis. Piped-in Hawaiian Muzak follows you throughout the public areas, even to the pools. Palm fronds dance in the breeze. Saucer-sized hibiscus and the scent of gardenias add an exotic touch. You'll feel at home in flip-flops and a flowered shirt.

The Polynesian shares a white sand beach with the Grand Floridian Resort. At night, you can watch the Electrical Water Pageant on the Seven Seas Lagoon. *$195–$295.*

Contemporary. More like a standard hotel than a themed getaway, the Contemporary lacks the warmth and clever Disney touches of its sister properties. You're most likely to find those gems outside—flowers and shrubs crafted into a gigantic Mickey Mouse watch and Disney topiaries. Rows of trees, pruned to resemble homemade Popsicles, set off this 14-story, modernistic A-frame. Disney's original hotel is known for the monorail that glides through its eight-story atrium. *Warning:* If you book the most-economical rooms, you'll stay in a garden wing, not the tower. Disney's largest convention hotel and only high rise boasts the biggest video arcade at Disney World. The Top of the World Restaurant provides a spectacular view. *$205–$260.*

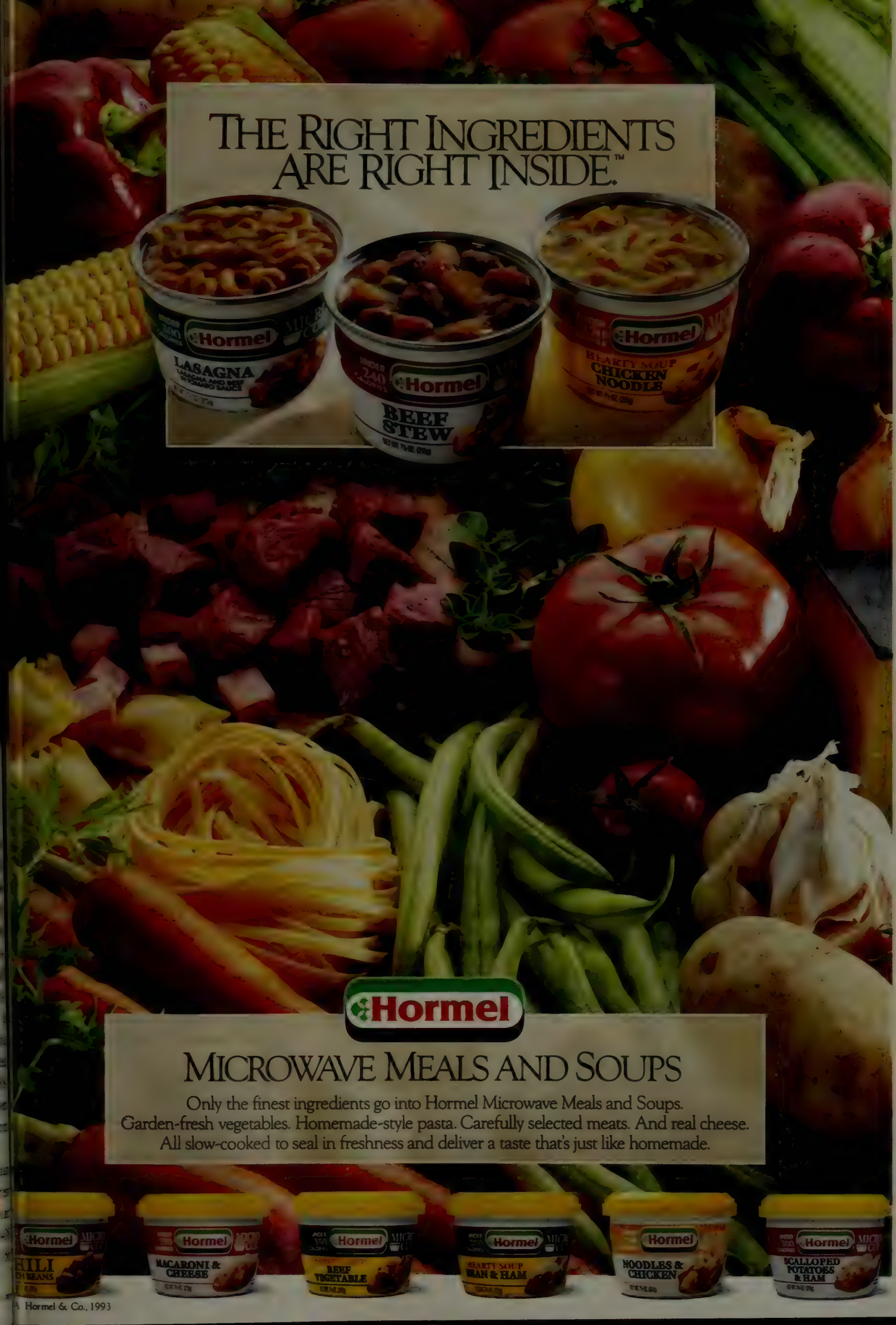


Go Hawaiian at the Polynesian's lively luau. Kids enjoy Mickey's Tropical Revue and a special evening at the Neverland Club.

The Disney Inn. Snaking your way up a long driveway between a pair of championship golf courses, you know you've arrived at The Disney Inn when you see the greens of Dopey's eyes. Topiaries of the Seven Dwarfs near the front porch rocking chairs signal the reincarnation of one of Disney's early hotels. Scared away when it was called The Golf Resort, nongolfers and families never discovered that Disney's smallest hotel features the largest rooms—with a dressing area almost big enough to sleep in—and a setting so quiet that deer wander within view of the oversized balconies and patios. Now billed as a country inn, the 288-room Disney Inn has adopted Snow White and the Seven Dwarfs as its patron characters to signify its removal from the frenetic Disney pace. *$195–$215.*

Fort Wilderness Resort and Campground. You can pitch a tent or set up your camper among towering cypress and pine trees at Fort Wilderness. Even noncampers can experience the camaraderie of a campground in one of 408

continued on page 16



Hormel & Co., 1993

DISNEY

continued from page 164

furnished Fleetwood trailers, containing a bedroom, a kitchen, a living room with a Murphy bed, and a dining area.

Throughout the camp, you'll find tetherballs, basketball hoops (with balls), and playground equipment. Shuttle buses provide free transportation, but it's fun to putt around the 750 acres in a golf cart ($24–$33) or on a rental bike.

More of a self-contained resort than most other Disney hotels, Fort Wilderness offers trail rides, canoeing, fishing, a petting farm, and the family-oriented Hoop-Dee-Doo Musical Revue. Watch your child's face glow as Chip and Dale join you for a songfest around the campfire and a free Disney movie. You'll also have easy access to Disney's original water park, River Country, and Discovery Island, a wildlife refuge. *Campsites: $38–$49; trailers: $195.*

1994 attraction. The 700-unit Wilderness Lodge will sit on the edge of Fort Wilderness. From about *$150.*

Village Resort. You won't be stuck in a single hotel room at the Village Resort. In the least-expensive lodgings, 324 club suites, a door separates the bedroom and bath from the living area with its dining table, mini refrigerator, and microwave. The Village Resort also offers 197 one- and two-bedroom villas and four homes on a cul-de-sac that were plush prototypes for an abandoned Disney city.

But, if you've ever yearned to live in a tree house, opt for one of the 60 aerial hideaways among a forest of laurel oaks, cypress, and pines. Climbing up to the front door, you have a bird's-eye view from the living room, kitchen, and two bedrooms. A circular staircase leads down to the ground-level third sleeping room. *$200–$360.*

Vacation Club. While Disney experiments with the time-share market, you can stay in some of its cushiest accommodations. The Key West-style retreat wrapped around Lake Buena Vista Golf Course goes to great lengths to give a homey feel to its 300 studio apartments and one-, two-, and three-bedroom condos. Studios have coffeemakers, a wet bar, and a microwave; condos contain most of the comforts of home, including a Jacuzzi in the master bath. The Vacation Club features free tennis lessons and videos plus birthday parties for kids. *$190–$340.*



To splurge on an upscale retreat, head for the Grand Floridian with its glorious white sand beach and water sports.

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Yacht and Beach Club Resorts. If you like luxury and long to unwind within strolling distance of Epcot, the Yacht and Beach Clubs are your cup of clam chowder. Reminiscent of the New England seaside, the elegant fronts of the yoked gray Yacht and blue Beach hide Disney's most ambitious swimming complex in the back. Stormalong Bay hardly seems like a swimming pool because of its sand bottom. The mast from a "shipwreck" serves as a water slide, kiddies frolic in their own area, and you can relax in a whirlpool. Which of the Siamese resorts should you choose? Go for the Beach if you want a casual atmosphere. Select the Yacht if you desire a traditional, formal setting. *$220–$370.*

Grand Floridian Beach Resort. You'll either feel pampered or intimidated by Disney's plushest hotel. Zelda and F. Scott Fitzgerald would have felt right at home pulling up to the grandiose white edifice with Victorian-style turrets and dormers, topped by a red gabled roof. Valets wearing knickers usher you into a five-story lobby with Christmas-tree-sized chandeliers and a trio of stained-glass domes. This isn't the place to strut in swimming attire. Folks wear classy resort outfits for tea or dress in their finest for the ultimate Disney dinner—a seven-course extravaganza at intimate and pricey ($75 per person) Victoria & Albert's. *$250–$440.*

HOTEL HIGHLIGHTS

What are you looking for in a hotel? Match your needs with the resorts that excel in these areas.

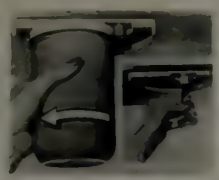
- ***Largest hotel rooms:*** **The Disney Inn, Polynesian, Grand Floridian, Contemporary**
- ***Quiet retreat:*** **The Disney Inn, Fort Wilderness**
- ***Health club:*** **Yacht and Beach Club, Grand Floridian**
- ***White sand beach:*** **Caribbean Beach, Yacht and Beach, Grand Floridian, Polynesian, Contemporary, Fort Wilderness**
- ***Monorail to Magic Kingdom:*** **Contemporary, Polynesian, Grand Floridian**
- ***Exotic isle setting:*** **Polynesian's Hawaiian theme, five different island villages at Caribbean Beach, Key West retreat at Disney Vacation Club**
- ***[illegible] distance to Epcot:*** **Yacht and Beach Club**
- **[illegible]: Yacht and Beach Club's Stormalong Bay; Dixie Landing's [illegible] Island**
- ***[illegible] tee:*** **The Disney Inn, Village Resort, Vacation Club**
- ***Character breakfasts:*** **(Needn't be a guest to participate) Beach Club, Polynesian, Grand Floridian, Contemporary, Vacation Club**
- ***Child-care services:*** **Neverland Club at Polynesian, Mouseketeer Clubhouses at Grand Floridian and Contemporary, Sand Castle Club at Beach Club**
- ***Video arcade:*** **Contemporary—more than twice as large as those at some of the other hotels**
- ***Call of the wild:*** **Fort Wilderness**
- ***Fishing:*** **Fort Wilderness, Dixie Landings, Polynesian**

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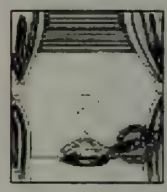


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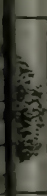


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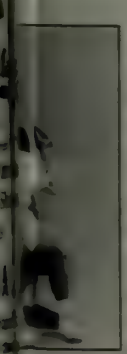
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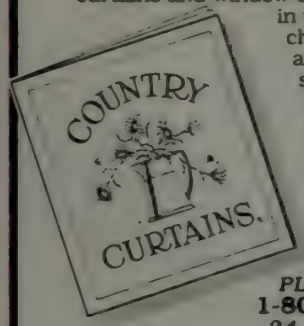
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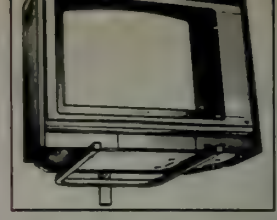
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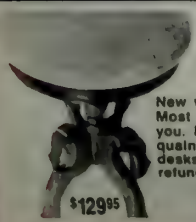
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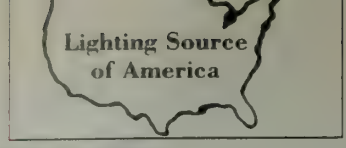
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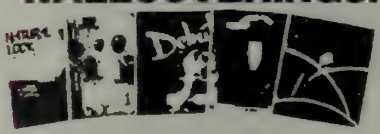
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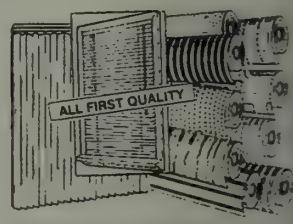
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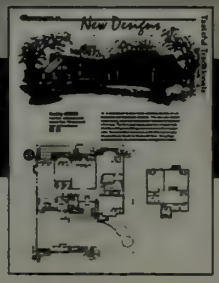
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THE MAN NEXT DOOR®

FEBRUARY 1993

■ The world may be moving toward a service economy, but Aunt Opal called last week to report that her neighborhood laundromat, the nearby service station, and the shopping-center supermarket are increasingly "do-it-yourself!"

■ Editor Earl Reeves savors the post-election season. All the winners still have the energy and enthusiasm to turn their campaign promises into realities, while all the losers are going into the consulting business to tell the winners how to do it.

■ Christine reports that one tip in the real-estate business for determining property lines during the winter season is to watch where the neighbors stop shoveling snow off the sidewalk.

■ Elaine Cowan confides that her community-college psychology course hasn't yet given her a better understanding of most people, although she agrees that she now can more quickly recognize a real jerk.

■ Our Judy, 11, contends that school children of a century ago led a far more exciting life. "After all," she asks, "wouldn't you rather be waiting for a real stagecoach than just a plain old school bus?"

■ "The only real difference between young fools and old fools," declares Grandma Hillis, "boils down to a matter of survival!"



"Pretty good, Mr. Johnson. Now let's see how you do when we turn it on."



"The next part of this recipe will involve some calculus."

■ "The surest way to guarantee that the children will think of you 30 years from now," the Rev. George Hall declared last Sunday, "is to spend plenty of time with them now and take a real interest in their activities."

■ Grandpa Hillis can't comprehend the sense of values held by some folks. "They'll leave a $20,000 automobile sitting out in a snowstorm," he says, "but the $20 children's sled must be parked in the garage!"

■ Banker Helen Newsome advises that anytime you come across an easy way to make money these days, there's probably some part of the formula that you didn't hear quite right.

■ Dr. Bob Hannelly reports that some of his patients attempt to curtail their smoking habit by lighting up only outdoors, a practice that he thinks is especially effective if adopted during the winter season.

■ Congressman Nick Hanfli reports that one of Washington's eternal truths is that "a government that robs Peter to pay Paul is guaranteed to get Paul's vote in the next election."

Years ago, Rosemary asked: "Why does Valentine's Day come only once a year?"

For a little girl, the excitement of making simple but colorful valentines, adding a little message in a childish scrawl, and giving them to all her friends was something really very special. And best of all, Rosemary usually got back just as many notes and gifts as she gave.

I tried to explain a bit of the history of Valentine's Day. Chris thoughtfully added, "It doesn't have to come only once a year," she advised our daughter. "It can be anytime you want it to be."

Rosemary remembered that, and even now she sends us a little note every now and then from college, just to let us know she is thinking of us. Chris and I do the same.

Valentine's Day is special, but a thoughtful note can brighten any day. That practice has paid rich dividends for our family. We've found that love never takes a holiday.

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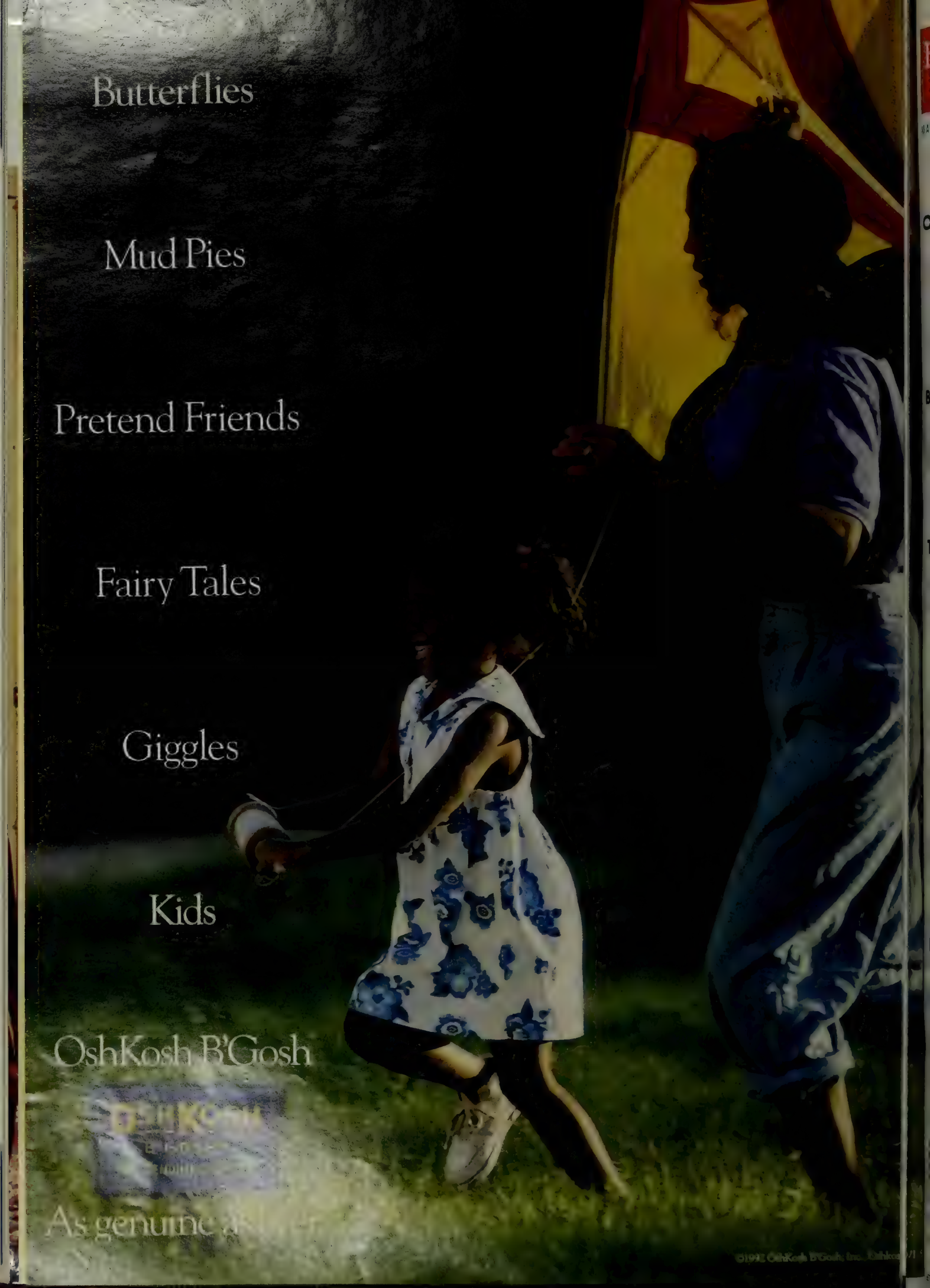




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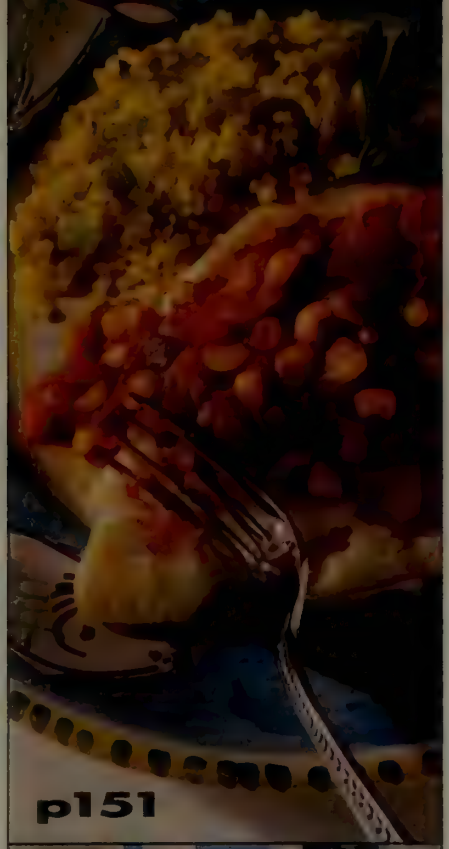
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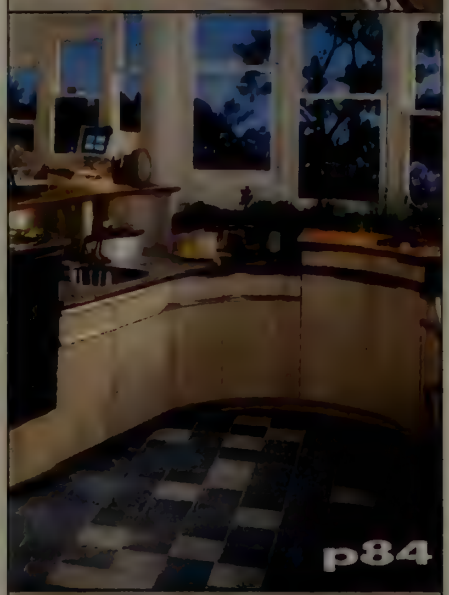
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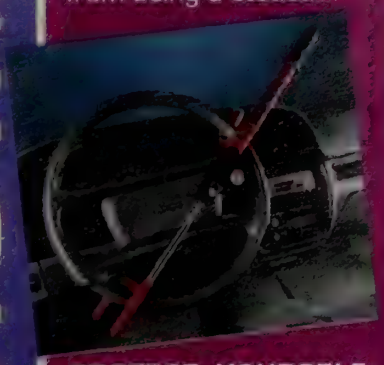
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EDITOR'S LETTER

MARCH 1993



SPECTACULAR DESIGN IN OUR KITCHEN OF THE YEAR

Dear Readers,

The model that Building Editor Tom Jackson and I are examining (*above*) is the first response we got from architect Duo Dickinson after we sent him a long list of family friendly ideas to incorporate in our 1993 "Kitchen of the Year." You can see this kitchen in all its colorful splendor on *page 84*. We chose Duo for this project for a rather whimsical reason. We planned to use the new Frigidaire UltraStyle appliances, all of which have soft, curving edges, for our kitchen. Duo is known for a fondness for curves in his designs. You've seen his flowing style in our pages before in our October 1991 issue in the article, "Blockbuster Baths," and again just last November in "From Tract House to Terrific." So, it seemed only reasonable to go to Duo when we wanted a spectacular design based on curves. It doesn't hurt that besides having a great design eye, he is also a fountain of practical ideas.

Detailed plans followed the concept model, along with endless changes and adjustments from all of us to make this the best kitchen it could possibly be. When we settled on a design we all liked, the kitchen was built in a photo studio in Dayton, Ohio.

Tom Jackson, photographer Bill Hopkins Jr., a crew of helpers, and many boxes of dishes, appliances, pots and pans, and other props to make the kitchen look lived in, soon arrived for the photography session. Tom reports that photography began at 6 a.m. and went on until 2 a.m. the following morning. You might wonder how photographing one kitchen could possibly take so long, no matter how beautiful the finished photos. The reason is that Bill Jr. is a meticulous craftsman who controls every shadow, reflection, and glint seen by the lens of his camera. Also, remember that this kitchen, with all its beautiful windows, was in a pitch-dark photo studio. Bill had to work some photographic magic with slide projectors and double exposures to simulate a view through the windows.

When photography was finished, the kitchen was disassembled and shipped to Las Vegas, where it was reassembled on the exhibit floor of The National Association of Homebuilders Convention. Thousands of builders and remodeling contractors toured the kitchen to see the latest and best in kitchen design.

More good news! Tom Jackson will be Kitty Bartholomew's guest to conduct you on a complete "Kitchen of the Year" tour on ABC-TV's "HOME Show" on Tuesday morning, March 2. Check your TV listings for exact time.

Besides showing you all that's new, bright, and beautiful in kitchen design, Tom says he's counted at least 37 practical ideas that could improve any new or remodeled kitchen. See how many you can find!

David Jordan

David Jordan, Editor in Chief



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FAMILY NETWORK®

READERS' SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

HURRICANE ANDREW

Hurricane Andrew has come and gone, but its effects will be with us for a long time. Luckily, the Key Largo Counseling Center put together an activity book to help children understand more about the hurricane and the feelings they are experiencing in its aftermath. We owe a big thanks to the many people who helped write and distribute these books to the thousands of children who are seeking comfort from a traumatic experience.

Trula Berry
Key Largo, Fla.

BILINGUAL BABY

My 11-month-old son is learning to say words. The problem is that my parents, who speak only Spanish, regularly baby-sit for him. Now he seems to be speaking more Spanish than English. My husband is afraid that if this keeps up, he won't be able to communicate with his son. I can't afford not to work, so what can I do?

Elizabeth Burton
Houston, Tex.

VEGGIE WATER FOR PLANTS

I began saving the water from boiled vegetables to water my houseplants. Boy, are they happy! I have never seen them grow so well. And there's no need for expensive fertilizer.

Angela Reid
Newport News, Va.

SAFE AT HOME?

Several weeks ago someone broke into our home. My husband's job requires that he work at night, and I have three small children to protect. We can't afford a home security system. Can someone suggest other ways to make my home more secure?

Anonymous
Greenville, S.C.

PUSHING PIANO LESSONS

My 12-year-old has been taking piano lessons for 4 years, and it's always a struggle to get her to practice and go to lessons. I don't feel she's made sufficient progress because of her attitude. Is it wrong to keep on pushing her to go to piano? I don't want her to think it's OK to be a quitter.

Yvonne Whitaker
Mt. Pleasant, Tex.

A CURE FOR DOCTOR PHOBIA

My 4-year-old son used to be terrified of doctors and nurses. He would put up a fuss and scream. Someone

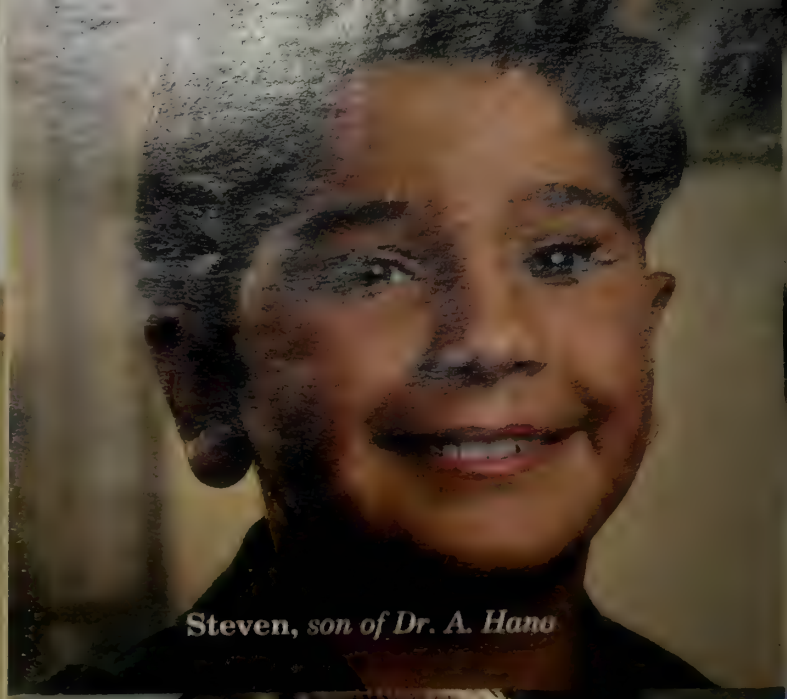
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BRAVE AND FREE

by Perillo



all shown smaller than
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pproximately 10"



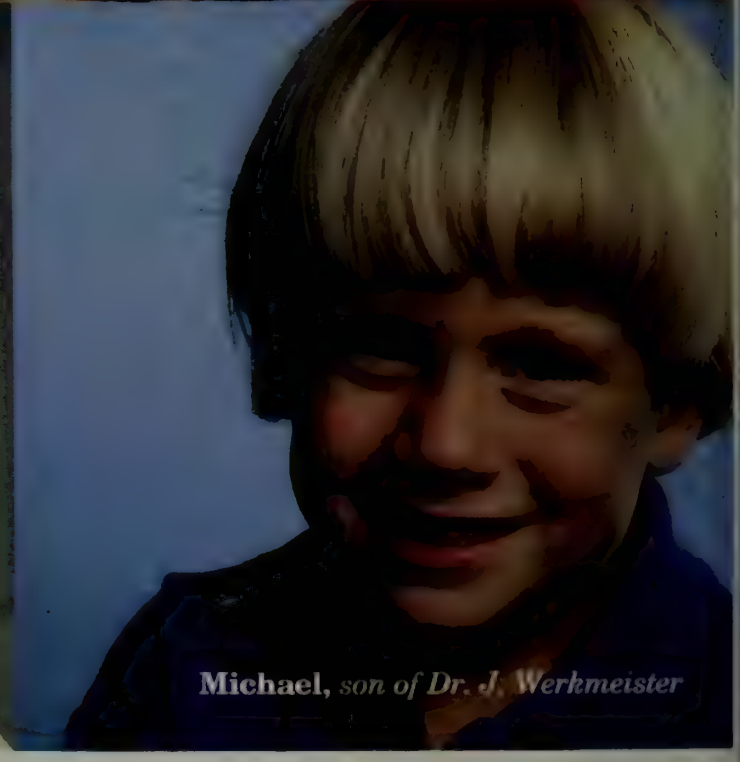
Steven, *son of Dr. A. Hano*



Mary, *daughter of Dr. J. O'Connor*



Megan, *daughter of Dr. R.*



Michael, *son of Dr. J. Werkmeister*

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FAMILY NETWORK

continued from page 12

had to hold him even when he needed to have his ears checked. Finally, I bought him a child's doctor kit and let him "doctor" others in the family. They, in turn, doctored him, even checking his ears. The next doctors visit went much better.

Ruth Vomund
Rush Hill, Mo.

LONG LOST DAD

Fourteen years ago I had a daughter out of wedlock and have since married and had two more children. Until recently, my 14-year-old has had no contact with her biological father. Then he found us. Her relationship with her biological father is OK, but her relationship with her adopted dad, who raised her, has since deteriorated. I'm hoping someone out there has had a similar experience and can help me to help my family.

Yvonne Quarles
Stockdale, Tex.

BROKEN PROMISES

How can I help my children, ages 8, 10, and 12, cope with the fact that their mother, who lives in another state with another man, doesn't write or send Christmas or birthday cards, presents, letters, or money? She also allows weeks to go by without calling. When she does call, she promises them gifts, money, and visits—but never delivers. As the sole supporter of our family, I can't afford professional counseling. Any ideas to help us through these tough times?

J. E. Stanley
Monroe, N.C.

WHAT HAVE I DONE TO MY SON?

I have two children (ages 14 months and 5 years) who get along very well, but I also baby-sit two other children (16 months and 3 years). My five-year-old son hits the 16-month-old until he cries. I've asked him why he does it and he says he likes to see the baby cry. What have I done to make him want to hurt someone else? What can I do to change his behavior? Can anyone help?

Anonymous
Pembroke Pines, Fla.

'STUN' GUNS SQUELCH A PAIR OF POOCHES

My neighbor's pit bull dog and its puppy used to chase all of the neighbors' cars and bark loudly. Rather than complain and get everyone involved upset, we all armed ourselves with water pistols filled with bad smelling liquids such as pickle juice, diluted dishwashing liquid, and vinegar. The idea was to use nontoxic liquids. After a week or so, the dogs caught on, and now they sit quietly while we drive by.

Barbara McMullen
Mobile, Ala.

BEFRIENDING AN ABUSED CHILD

Our neighbors' 11-year-old daughter often comes over to play with my 2-year-old daughter and take her on walks. The girl's father is presently serving time in jail for molesting his own children. My husband doesn't feel we should allow our daughter to go on walks alone with this girl because she may have been one of the abused children and may be sexually abusive herself. She seems like a very nice young girl to me. Please help!

Name withheld
Grand Rapids, Mich.

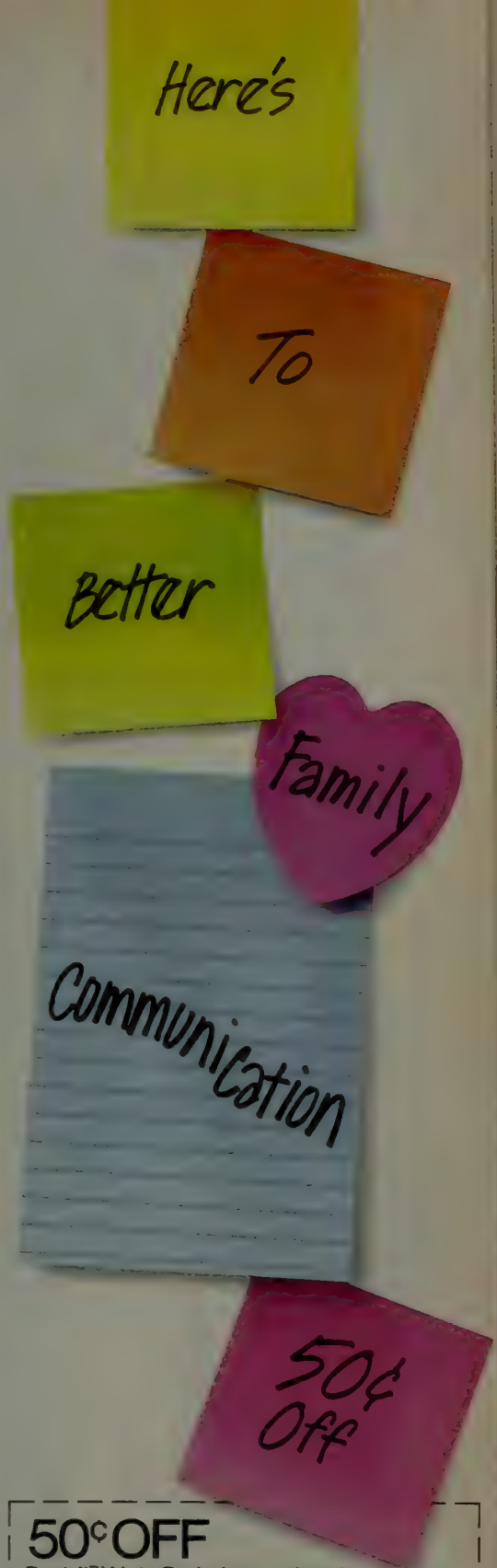
SINGLE MOM'S DILEMMA: DAD'S BRIEF VISITS

I'm a single mother with two small children (ages 4 and 2). The children's father only shows up every six months or so. When he comes, he'll usually stay less than an hour. Of course, this just tears up my 4-year-old. How do I answer his questions about "Daddy" without talking his father down?

Anonymous
Pittsburgh, Pa.

WRITE TO US

Family Network welcomes letters describing how you solved a problem involving your family or your community, or letters asking for help with a problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.



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BY DOUGLAS A. JIMERSON



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PHOTOGRAPH: ERNEST BRAUN. GARDEN DESIGN: MEERA BAJPAI. REGIONAL EDITOR: HELEN HEITKAMP

EARLY START FOR SWEET PEAS

Hot weather and sweet peas don't mix. That's why it's important to sow sweet peas in the early spring as soon as the ground can be worked; in milder climates, plant seeds in the fall. Choose a sunny spot with rich, well-drained soil, and mulch the seedlings when they're several inches tall. Train climbing varieties on a fence, trellis, or wall. Here, pink, blue, red, and white sweet peas thrive in a sidewalk border.

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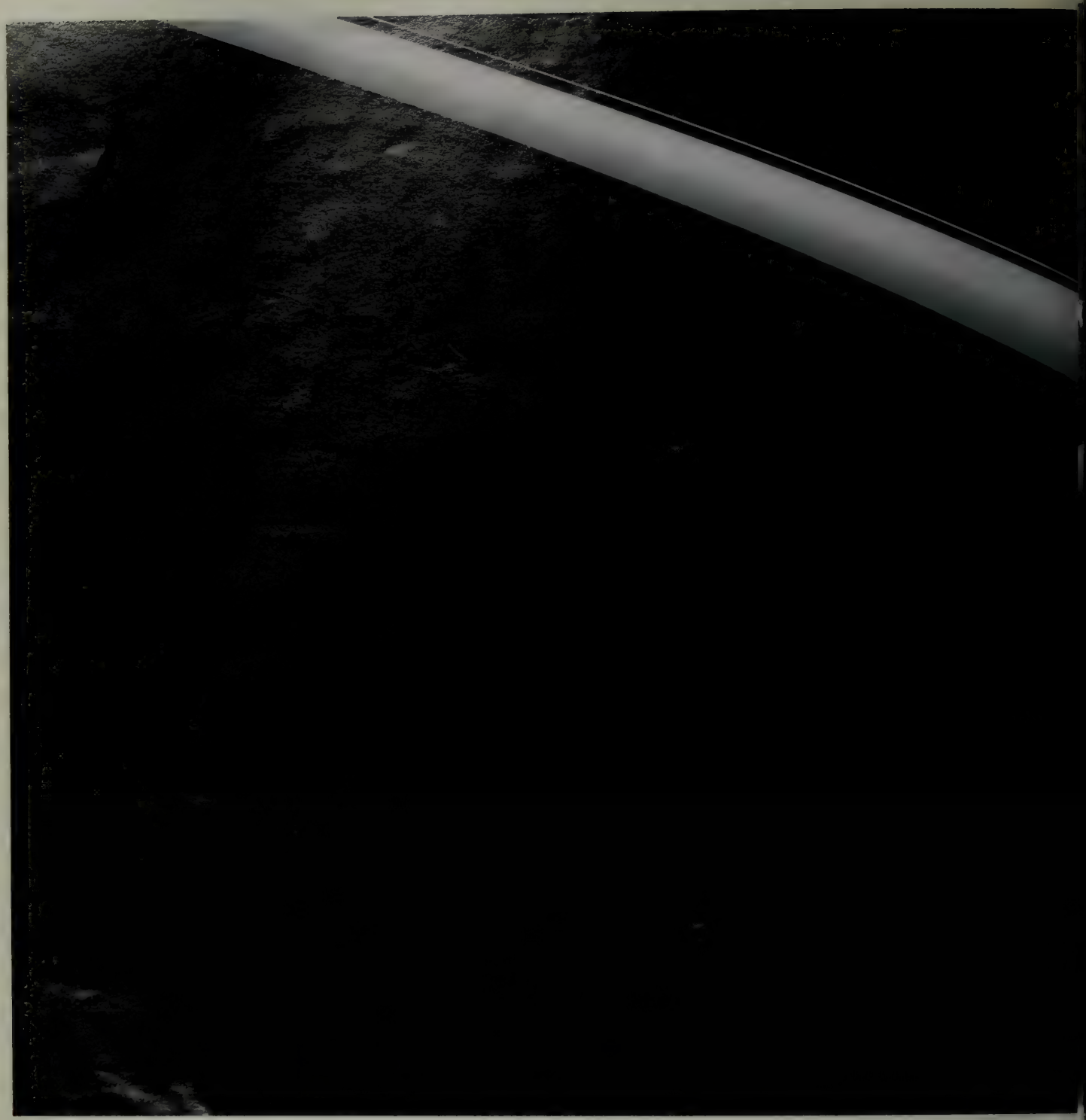
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The results were quite astonishing.

Thanks in part to Nissan's state-of-the-art robotic body assembly system and over 3500 precision welds, the *Altima*'s tolerances between body panels proved to be every bit as accurate as its stratospherically priced competition's. In fact, the *Altima* is built with such precision that it had an average gap difference of just .018 inches.***

What does this mean in layman's t

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shuts soundly and
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mobile offers such
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If you were impressed when you saw Lexus do this test, wait until you read this.



eaks and rattles are ually nonexistent. Slide inside the *Nissan Altima's* cabin and you'll see that we let nothing slip through the cracks. The seats have been specially tailored to offer remarkable support. Every control has been thoughtfully placed to assist the driver. All four doors have been triple-sealed to help keep out moisture.



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I can just pour this refill into my Dash bottle. Why pay for another cap or handle? I'm paying less per load. There's less plastic to get rid of, and that's better for the environment. My clothes will still be clean and fresh. And at this price, nobody but Dash has it. Wow, Max made sense. Which tends to frighten me.



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big harvest

from a small garden



BY JANE AUSTIN McKEON

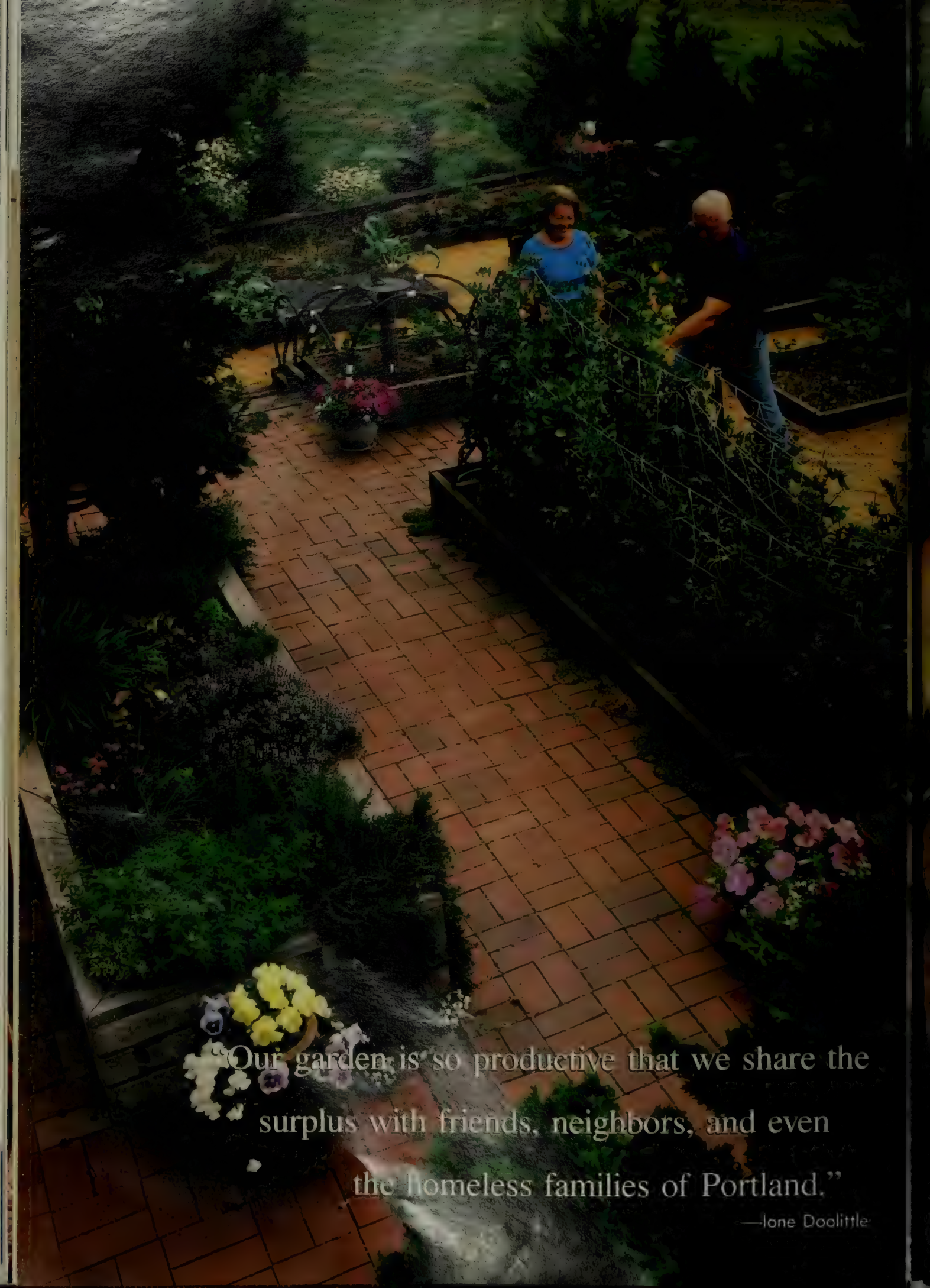


Gordon and Ione Doolittle harvest the first tomatoes as early as June. Their strategies: a head start in the garden, good soil, and regular watering and fertilizing.

The battle strategy "divide and conquer" is a gardening motto now for retired U.S. Air Force General Gordon Doolittle. After years of airborne adventures, Gordon and his wife Ione returned to their roots in Oregon for a more down-to-earth challenge: gardening in small spaces.



Large wine barrels on the patio take on some overflow from the Doolittles' Portland vegetable garden. The V-shape trellises (tied where they overlap for extra stability) provide sturdy support for cucumber vines. An edging of radicchio adds color.



"Our garden is so productive that we share the surplus with friends, neighbors, and even the homeless families of Portland."

—Jane Doolittle

big harvest

from a small garden



The Doolittles' formal vegetable garden (*left*) offers a smorgasbord of sumptuous crops including asparagus, bok choy, corn, strawberries, tomatoes, and zucchini. For ongoing harvest, Gordon and Ione pace plantings over the season.

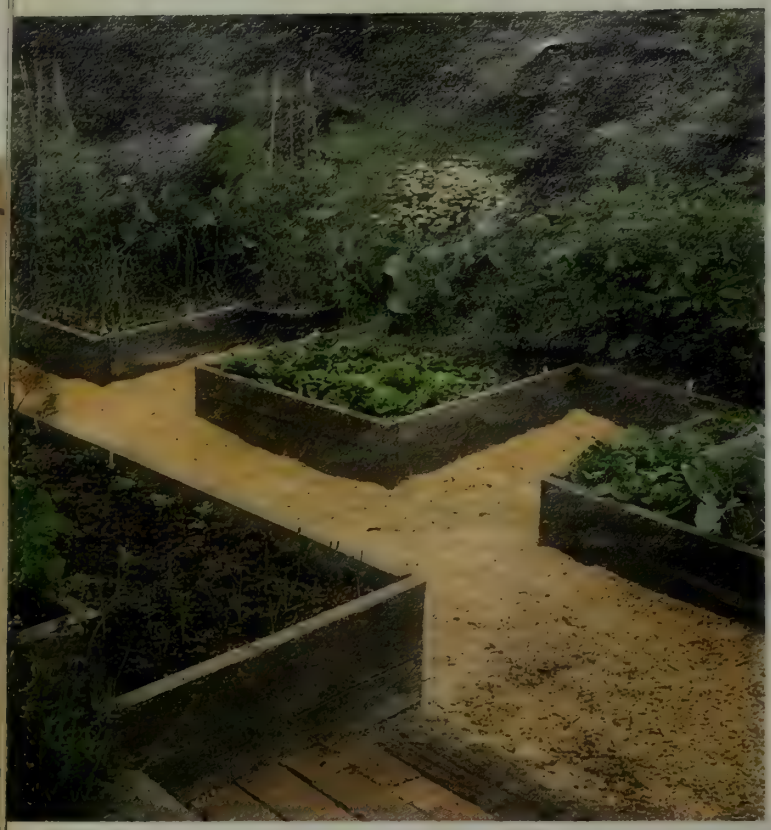
The Doolittles admit that "small" hardly describes their expansive backyard. But, even on a half acre, they must use every square foot wisely to allow room for "just one more" new variety that tempts them. Little by little, the couple's garden has grown into a full regimen of raised beds, displaying an array of space-saving ideas. Interplanting, second cropping, and vertical growing are just a few of their favorite tactical maneuvers.



Stair-stepping down the sloping yard, wood-framed beds (*above*) keep crops in shipshape form. The raised beds also let the couple space crops close together—plants compete less when roots grow deep in loose soil. Brick or sawdust paths prevent invasions of weeds.

Despite Oregon's short growing season, Gordon and Ione pick fresh garden produce more than nine months of the year. To get a jump on spring, they start seeds every Jan-

big harvest
from a small garden



uary under lights in a heated "greenhouse room" beneath their garage.

"We try to do things earlier than we supposedly can here," says Gordon. "Space is too valuable—and the season too brief—to use the ground for germinating."

Improving crop production is an annual goal. But for the Doolittles, the best rewards of gardening come *before* the big harvest. Their tidy rows of picture-perfect vegetables would pass even a military inspection with flying colors.

Interplanted crops use space both efficiently and effectively. Compatible combinations (*above*) include peas, onions, and cabbages; lettuce, dill, and potatoes; and lettuce, endive, and kohlrabi.

Mixing colors, forms, and textures unearths the beauty of vegetables. Pencil-thin shallots and ruffly lettuce (*right*) contrast verdant green and rich bronze hues.



PAIR UP CROPS
Combining two crops in a bed normally reserved for one doubles the harvest. Potato plants (*left*) have more elbowroom to grow once mature cabbages come out in late spring.



START EARLY
The perforated plastic sheet surrounding this bed (*left*) gives tender tomato plants a boost in early spring. The screen blocks cold winds and reflects sunlight for extra warmth.

"I get personal satisfaction from the natural beauty of the garden as well as from the bounty of food we grow." —Gordon Doolittle



PLANT IN POTS Gordon plants seeds of small, quick-growing crops, like radishes (*left*), in peat pots to free garden space for longer-maturing crops. After the harvest, he sows a second crop.



PROTECT BERRIES Synthetic garden netting secured over wire hoops prevents hungry birds from raiding the Doolittles' strawberries (*left*). The see-through cover lets Ione keep an eye on ripening fruits.

big harvest
from a small garden



Summertime lettuce (*left*) extends the salad season beyond spring. Unlike most greens, this variety won't bolt or burn in hot weather. The crisp heads are ready to harvest in 70 days.



The orange flesh of Charmel melons (*right*) is a sweet substitute for sugary desserts. This hybrid ripens earlier than others, a plus for short-season Northern gardeners.



Even garden-guzzling cucumbers can squeeze into a small bed. Growing up an old wooden ladder, this Elite cucumber (*left*) is kept neatly off the ground.



Tristar strawberries (*right*) produce a big crop in June, then a smaller, but steady, supply of fruits the rest of the summer. The medium-size berries are sweet and firm.

Buying information, page 125.

The Doolittle dozen

- Grow vegetables that you can't buy at local markets.
- Choose varieties that resist pests and diseases.
- Improve soil by adding peat moss and manure.
- Install a drip irrigation system to conserve water.
- Spread mulch around plants to thwart weeds.
- Note the dates you plant and harvest to help you plan next year's garden.
- Label crops using an indelible marker on stakes.
- Outfox pests by planting small portions of an array of crops. Combat big attacks with nontoxic controls.
- Take to the skies by using stakes or trellises to support vining crops.
- Combine crops that mature at varying rates to avoid overcrowding.
- Sprinkle in flowers for bright splashes of color.
- Fill gaps left by harvesting with a quick-maturing second crop.





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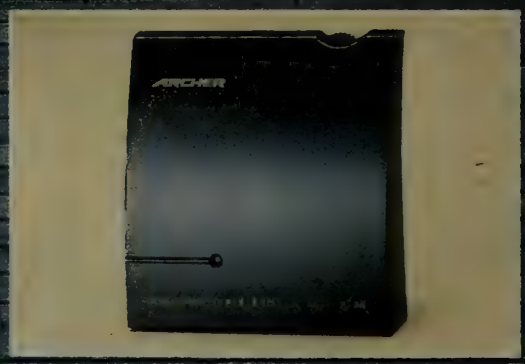
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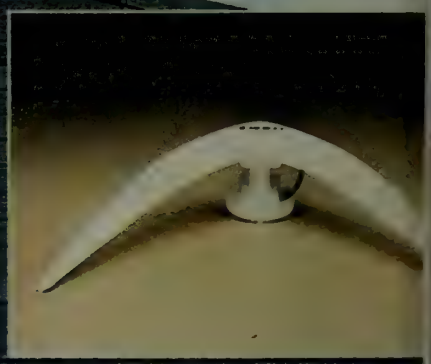












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PHOTOGRAPH: WILLIAM HOPKINS JR

Here's a matching furniture set you can build from common lumber.

A couple of evenings invested in the workshop and about $125 in materials will yield a high return when you build this matching settee, chair, and table/bench set. All you need to craft these three pieces are basic hand tools, lumber, paint or stain, and our project plan.

The project plans come with detailed step-by-step instructions, easy-to-read drawings, and a bill of materials for each piece of furniture. For ease of construction and to keep costs low, the entire set is designed to be built from common lumber in sizes that can be found at any home center or lumber outlet—2×8, 2×10, 2×12, and ¾-inch stock.

The settee and table/bench set measure 48 inches long, and the chair is 24 inches wide. These dimensions help you make cost-efficient use of standard 8-foot-long lumber. For sturdy construction, we built the pieces using wood screws and exposed dowel joinery. We plugged the screw holes to prevent the unsightly rust stains that develop from exposed metal fasteners.

With their heart-shape cutouts, these country-style pieces will look right at home in any informal setting, be it the porch, an interior room, or a cozy garden spot.

HOW TO ORDER

To order project plans, send a check or money order for $9.95 to:
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What every woman should know about the prostate.



What and where the prostate is

Only men have a prostate. It's a ut-sized gland located at the base e bladder. It surrounds a part of urethra, the tube that carries urine the bladder through the penis to pelled.

The prostate plays an important in reproduction. It supplies the y fluid that helps transport m through the penis during ejaculation. The prostatic fluid also aids conception by providing support and nourishment for the sperm and helping to make the vaginal canal less acidic.

What an enlarged prostate is

In most men, after age 45, the prostate starts to enlarge and may continue to enlarge for the rest of a man's life. This growth may be benign prostatic hyperplasia (BPH), a noncancerous condition. A major cause is the activity of a key hormone.

By itself, benign prostate enlargement isn't a problem. But as the prostate continues to grow, it can squeeze the urethra (like pinching a straw) and interfere with the normal flow of urine, causing uncomfortable and embarrassing symptoms.

Benign prostate enlargement is a common medical finding in older men. However, not every man develops the condition, and in those who do, it is not always progressive.

The urinary symptoms of an enlarged prostate

Among the symptoms commonly associated with an enlarged prostate are more frequent urination, especially during the night, or the sudden, almost uncontrollable urge to urinate. The added pressure on the urethra can also cause a weak, interrupted urine stream, a sense of the bladder not emptying completely, leakage, and difficulty in starting urination. It can even result in total blockage, a serious condition.

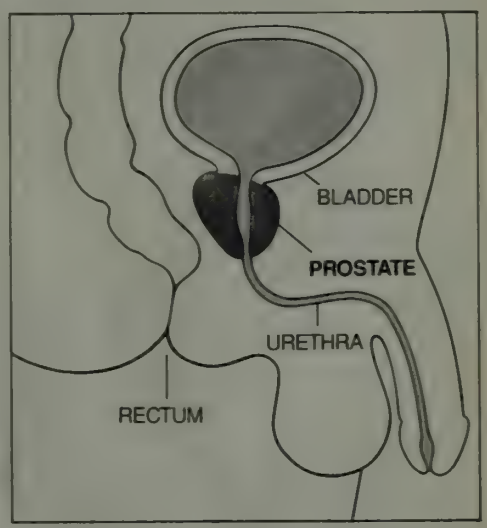
Why the doctor should be consulted

Symptomatic benign prostate enlargement can be helped. Recent advances in treatment have been made, and today the doctor has several options. So now, more than ever, is an excellent time to consult the doctor. He and his doctor should discuss which treatment option would be best for him.

If a man experiences any symptoms, he should see his doctor and speak frankly about the problem. A simple rectal examination enables the doctor to feel, with a gloved finger, the size and condition of the prostate. This exam, and other tests the doctor may recommend, will also help to rule out the possibility of prostate cancer. Benign prostate enlargement is not cancer and does not turn into cancer.

Why we're telling you as well as him

As a rule, most men just don't see their doctors regularly. And they're especially sensitive when it comes to prostate problems, believing that dealing with them could affect their sex lives. So, it's probably up to you to get him to see a doctor and to help him understand that prostate problems don't have to interfere with living his life to the fullest.



The prostate is located at the base of the bladder. It surrounds a part of the urethra, the tube that carries urine from the bladder through the penis. As the prostate enlarges, it can squeeze the urethra and cause urinary problems.

That's what every man should know. And what every woman should tell him. For a free booklet with more information, call 1-800-635-4452.

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UPKEEP

TIPS, TOOLS, AND TECHNIQUES

This is your column. It contains the best workshop shortcuts and home maintenance tips that do-it-yourselfers like you have discovered. See below for details on how to share your tips.

DON'T LET THIS FILM DEVELOP

■ Before you store a partly used can of paint, place a piece of waxed paper onto the surface of the paint. This will prevent a film from forming.

Gail Claunts, Gans, Okla.

USE A PICK IF A HOLE IS STRIPPED

■ If you strip the hole when putting a screw into wood, insert one or two toothpicks, break off the excess, and try your screw again. It should now grip firmly.

Shelly Rogers, Preston, Idaho

WINDOW FOG ERASER

■ Store a blackboard eraser in your car for a handy, lint-free way to erase fog from windows.

Joanne Brown, Cottage Grove, Oreg.

OVEREXTEND YOURSELF

■ Clean cobwebs and dust from vaulted ceilings and other hard-to-reach places without using a ladder. Cut the needed length of half-inch PVC pipe and attach to your shop vacuum with a PVC coupling for an inexpensive extension.

Marianne Bancroft, Pacifica, Calif.

KEEP YOUR DRAWER ON TRACK

■ To fix a broken lip on a dresser drawer guide track, simply remove the track and reinstall with the broken side toward the back.

George Bauer, Hillside, N.J.

TAPE THAT RATTLE

■ You can quiet that rattling globe in a ceiling fan light by wrapping a small piece of duct tape around the base of the globe.

Sandra Manning, Bartlesville, Okla.

SQUEEGEE KEEPS IT SPOT-FREE

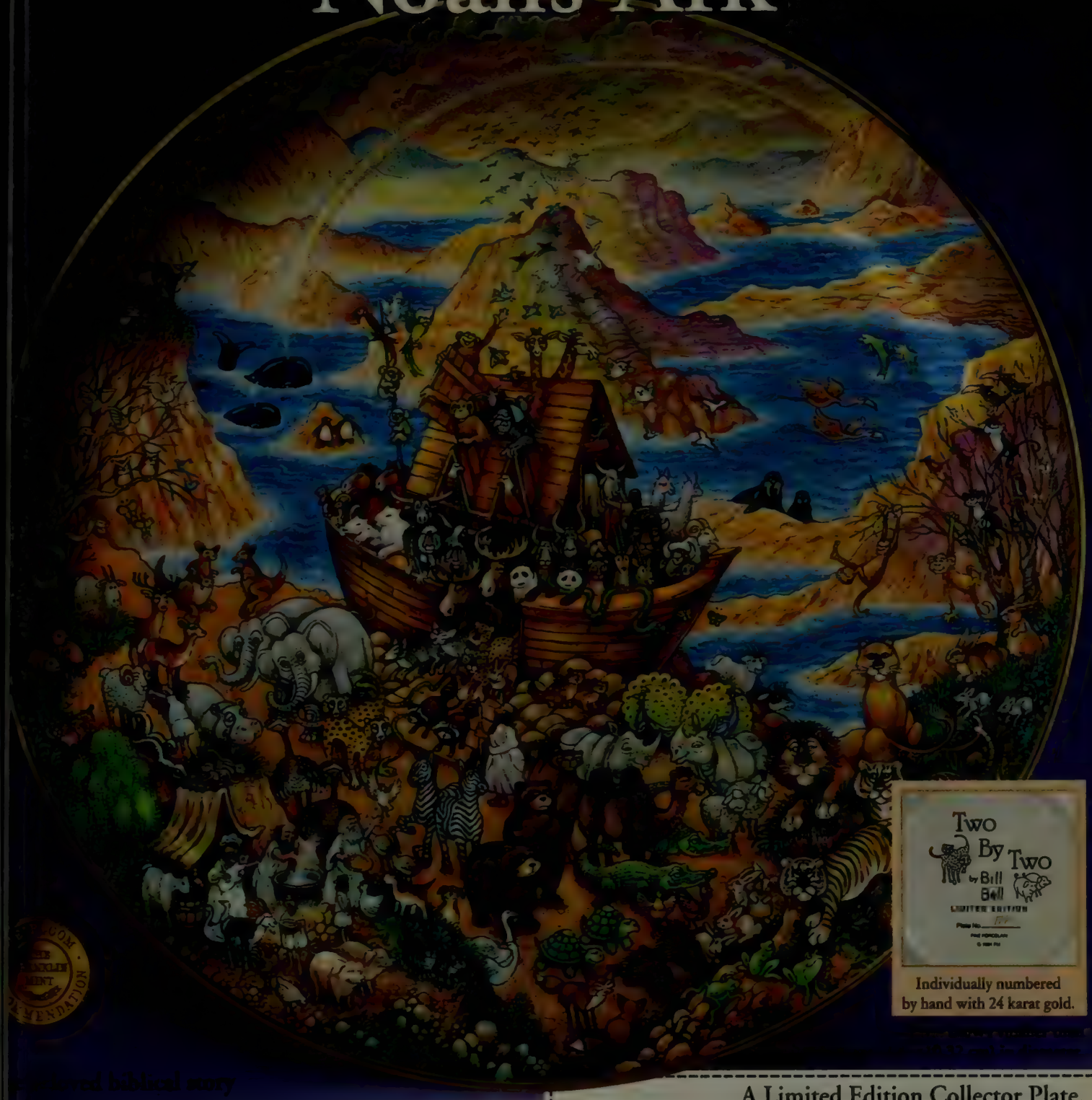
■ An inexpensive short-handled squeegee—the kind that you use to clean your car windshield—is the perfect tool for keeping your home's shower stalls and bathtub enclosures clean and spotless.

Pat Holliday, Cortez, Fla.

SEND US YOUR TIP

Mail your tips, along with a daytime telephone number, to TTT, *Better Homes and Gardens*®, 1716 Locust St., Des Moines, IA 50309-3023. No food or cooking tips, please. We're sorry but we can't acknowledge or return letters. If we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we like. We don't accept previously published ideas.

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RAISING HAPPY KIDS
Self-respect is the essence of true happiness

You can't *make* your children happy. Showering them with toys, praise, and attention won't guarantee their happiness. Only children who learn how to handle life's constant struggles on their own will achieve true happiness. Your job as a parent is to encourage and support your kids during their journeys toward self-respect and happiness.

WHAT IS HAPPINESS?

Before you show your kids how to achieve their own happiness, consider these points:

- Happiness results from achieving your goals; yet you don't have to achieve *all* your goals to be happy.
- No goal in life worth reaching for is achieved without a struggle. Setting goals means accepting and learning to deal with anxiety, frustration, disappointment, even failure. Trying to prevent children from experiencing such difficulties inadvertently keeps them from learning *how* to struggle.
- Children who don't learn to struggle will never be truly happy.

There are some definite exceptions to these rules. For example, if your child is not up to a certain struggle, postpone it. What's more, don't let your children struggle when it becomes dangerous or might result in emotional devastation.



—Family psychologist John Rosemond's most recent book, Parent Power! *(Andrews/McMeel), can be found in bookstores throughout the country.*



THE ROAD TO HAPPINESS

To help your children take responsibility for their own happiness, you need to teach them how to:

Fight their own battles. Try not to solve problems for your children that they are capable of solving for themselves. A child's "I can't!" is, more often than not, simply a knee-jerk response to frustration.

For example, if your daughter complains that she can't learn to ride her bicycle without the training wheels, don't try to convince her otherwise. Leave the training wheels off her bike and say, "That's all right. There's no hurry. When you're ready to give it another try, let us know." In a few days, she'll probably be riding her bike with only an occasional tumble.

Accept their mistakes. Mastering any task requires trial and error. Therefore, it's not your job to prevent your kids from making mistakes. Just because mistakes are negative experiences doesn't mean they destroy self-esteem. In fact, the feedback from such experiences helps your kids learn what works and what doesn't.

Be persistent. All success stories involve perseverance—the ability to try and try again until you succeed. As perseverance develops, so does a tolerance for frustration. If your kids cannot tolerate frustration, they'll have difficulty succeeding at most everything.

Stand on their own feet. Taking control of your life means learning to make good choices. It's important, therefore, that children have lots of freedom to make decisions. But freedom without discipline quickly leads to trouble. You need to hold your children completely responsible for the decisions they make.

Maximize their talents. Successful folks are resourceful. They can do a lot with a little. Thomas Edison was such a person, as was Helen Keller.

Several years ago I heard a story about another such person. Janie was 7 years old when she was diagnosed with a learning disability. Her parents hired a tutor and told the school not to make any adjustments in their standards for Janie's sake.

"Everyone has limitations," the parents told Janie. "This just means that you're going to have to work harder." Janie paid attention in class, worked on her assignments until she got them right, and even did extra work when she had the time. By the time Janie was in high school, she was an honor student. At 23, she was happily married, owned her own home, and was well on her way to a successful professional career.

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PARENTS IN ACTION

Five folks who made their kids' school better

Guess who has the greatest impact on your child's education? You do. Parent involvement fuels a youngster's enthusiasm for learning. It ignites a commitment to knowledge that can transform an average student into an academic all-star.

With the help of major education organizations, such as the National PTA (Parent Teacher Association) and the National Committee for Citizens in Education, we found five parents who discovered the power of parent involvement. Their good-news stories offer ideas and inspiration to the millions of moms and dads who care about improving the education of *all* children.



BY THE LIGHT OF THE MOON

Beatrice Silva, San Diego, California

To honor her Mexican/American heritage, Beatrice Silva long ago picked out an Indian name for herself. She chose Luna De Plata, meaning Silver Moon.

Today, Beatrice shines her light on hundreds of children who live in the southeast section of San Diego. A single, divorced mother, she has become such a fixture around Southeast San Diego City School that the kids now affectionately call her "Mama Bea."

Beatrice deserves the moniker. Since 1986, when her boys Leeman and Bronson attended the school, Beatrice has become den mother to many. Thanks to the support and encouragement of principal Virginia Foster, Beatrice volunteers as a teacher's aid, a seamstress for the marching band, a chaperone for the cheerleading squad, an interior decorator for school functions, and much more.

Beatrice exemplifies the model parent, yet getting involved didn't happen naturally. It took a lot of courage. "As a Hispanic person, I was raised to stay at home," she explains. "Going to school was considered being nosy."

Beatrice defied that taboo in 1986 and attended her first PTA meeting and joined her first parent-involvement group. "Their workshops taught me how to express myself," she says.

Today, Beatrice plans to use that training in a new parent-involvement program that's now in effect—one that encourages parents of color to overcome their fears about visiting school and participate in their kids' educations.

"The payback comes when you see little kids who many felt couldn't make it, make it," says Beatrice.

HOW TO GET INVOLVED

For information on starting a local chapter of the PTA (Parent Teacher Association) write to: National PTA, 700 North Rush Street, Dept. BHG, Chicago, IL 60611-2571. To order a catalog of PTA materials, enclose $1 for shipping and handling.

For the brochure "Parent Involvement," send 50 cents and a business-size self-addressed, stamped envelope to: The National Committee for Citizens in Education, 900 Second St., NE, Suite 8, Dept. BHG, Washington, DC 20002. For general information on parent involvement, call the NCCE hotline at 800/638-9675.



SIXTY WAYS TO HELP KIDS

Bridget Meyer, Essex, Vermont

At the start of each school year, Bridget Meyer's group PIE (Partners In Education) makes sure that all parents are welcomed and provided with the same vital information: a list of 59 ways that parents or other volunteers can get involved in school.

Among the other suggestions, the list encourages volunteers to:

- Tell stories to children.
- Listen to children read.
- Help contact parents.
- Work with students needing extra help.
- Visit a sick child at home.
- Discuss careers or hobbies.
- Supervise groups taking tests.
- Help with handwriting practice.
- Assist with field trips.
- Practice vocabulary with non-English-speaking students.

Bridget became a parent volunteer when her son Tim, now a sixth-grader, entered first grade. "I wanted to stay involved in his life, but I didn't think I'd enjoy helping out," she remembers. "Now I do it because it's so much fun."

During the last five years, Bridget, who also has a second-grader, Grace, has done everything from helping teachers organize field trips and research lesson themes to coordinating fund-raising efforts for the school.

"Teachers need to see parents as an asset, as something that will round out a child's education," she says.

Bridget also spends time helping PIE organize its monthly meetings. "We're not a milk and cookies organi-

continued on page 48

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8-10 (7 oz.) plastic cups

POUR milk into large bowl, add JELL-O® pudding mix. Beat until well blended. Let sit 5 min.

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PLACE 1 Tbsp. cookies into the cups. Fill cups ¾ full with pudding mixture. Top with remaining cookies. Refrigerate 1 hr.

DECORATE with gummy worms and frogs, candy flowers or chopped nuts.



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continued from page 46

zation," she says. "We try to cover topical issues such as gender equity, AIDS, and sports."

The group's efforts yield startling results. "Our elementary school averages 35 to 50 parent volunteers a day," says Bridget. "And there are only 468 students in the school."

What's more, she says parents take education much more seriously these days. "If *you* treat it seriously, so will your kids," she says. "Your commitment is mirrored in them."

What makes PIE so effective? The group considers *all* parents and teachers members and there are no dues. "You have to make it easy for parents," says Bridget.

For more tips on how to get involved in your child's school, Bridget recommends *Beyond the Bake Sale* by Anne Henderson, Carl L. Marburger, and Theodora Ooms (National Committee for Citizens in Education). The book outlines the five steps of parental involvement. To order, send a check for $10.95 plus $2.50 for postage and handling to: The National Committee for Citizens in Education, 900 Second St., NE, Suite 8, Dept. BHG, Washington, DC 20002.



TEAMING UP FOR EDUCATION

Carol and Keith Woodbury, Monson, Massachusetts

Think of Carol and Keith Woodbury as a tag team for quality education. "One of us holds down the home front while the other does community-involvement work," says Carol, a former elementary school teacher.

In addition to raising three sons ages 10, 8, and 5, Carol and Keith serve as copresidents of their district-wide PTA, something they've done for the past three years. "We share everything," laughs Carol.

Their two-for-one leadership inspired a classroom full of new school programs. For one, the PTA now sponsors a cultural arts program at the elementary school that makes use of parents with specific skills or knowledge. For example, the school's 1992 international space year featured several parent presenters, one of whom was an engineer for NASA's Space Station program. Thanks to other parent volunteers, students also had special lessons on astronomy and watched a laser-light show.

The PTA helped launch additional projects, including a parent volunteer program that encourages interaction between students and the elderly, an after-school activities program that gives kids the chance to try different hobbies, and a parent-training program that helps parents teach their children organizational skills.

What's more, the PTA recently opened a volunteer room inside the school. The room houses donated items such as desks, toys, and a bulletin board. "It makes us part of the school," says Carol. "We're right there if a teacher needs us."

The next goal for the Woodburys: convincing local business leaders to develop partnership grants that will fund creativity training for teachers.

"We're trying hard to make a connection between school and community," says Carol. "We can only be a strong community if we have a strong school system. And, even if teachers work hard all day, there's a missing link there if parents don't care. Parents need to participate in school."

Carol and Keith show their youngsters how much they care by making school an everyday topic of conversation. "We want our children to know that what they're doing is important, even when they're away from us," says Carol.

The Woodburys stress education, yet avoid pressuring their sons. "At report-card time we celebrate with dinner and a movie," says Carol. "We talk about how hard we've all worked the last 10 weeks and we reward ourselves. But our celebration doesn't mean that the one who got five A's worked harder than the one who got five B's. They realize that doing their best is what's most important."

As for the future of parent involvement in their district, Carol says they hope to make it more of the usual and less of the unusual. "We want parent involvement to be an everyday thing."



OPEN-DOOR POLICY

Jeanette Wisdom, Lawrence, Kansas

Jeanette Wisdom always felt welcome in her sons' schools, yet she realized that many parents were still apprehensive about getting involved.

"A lot of parents didn't know how to go into the schools and feel comfortable with it," says Jeanette about the schools that her sons Seth and Scott attended in 1989.

"Parents would go to teacher conferences, open houses, bake sales, and so on, but they didn't know what else they could do. For some of them, the door was only half open. We wanted to open the door more by giving parents more information about how they could get involved."

To make that happen, Jeanette and two other parents started the district-wide group Parents Involved.

"We offer meetings on conferences, curricula, counselors, learning styles, teaching methods, solving school problems before they start, volunteering in schools, and so on," says Jeanette, who also runs a day-care facility. "We try to counsel other parents and give them advice."

The group also publishes a newsletter (Jeanette serves as editor) that outlines the pros and cons of school policies and programs.

"I try to present both sides of the issues and let parents decide what's best," she says.

Jeanette says the school district today is more open to what parents think and feel. "More principals are ready to hear input from parents because parents have proven that they want to work with administrators and principals," she says.

The success of Parents Involved motivated other concerned parents to start smaller groups at the local level, at their own schools. Jeanette believes that such efforts make a major difference for kids.

"We have seen so many times that when parents really get involved, their children do so much better in school," she says.

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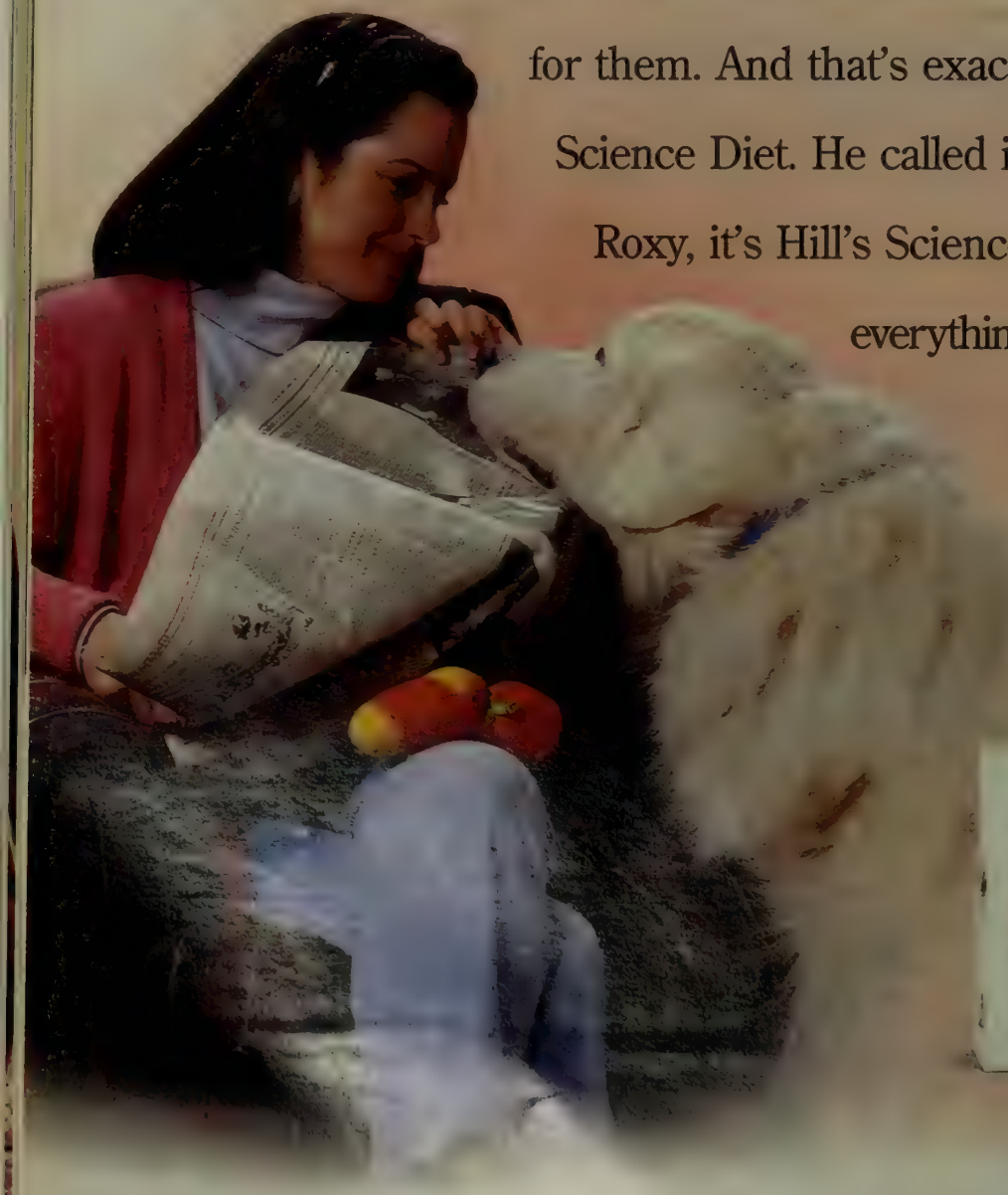
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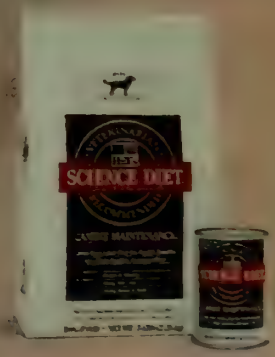
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COMPANIES THAT CARE
Helping employees handle family pressures

To continue exploring major issues facing our country and its families, Family Forum this month tells about how some businesses are addressing child care, elder care, and other pressures that millions of employees must deal with today. These programs may serve as models for your employer or business. We welcome your opinions about these issues, as well as information about other such programs.

David Jordan, Editor in Chief

Before Marcia Robinson returned to work after her first child was born seven years ago, she hunted around for quality day care, worried that the day care might not work out, and prayed there wouldn't be an emergency, since the baby-sitter's house was a 20-minute drive from her place of work.

What a difference when her second child, Joshua, was born two-and-a-half years ago. Joshua became one of the first children enrolled in the John Hancock Child Care Center, a 40,000-square-foot facility directly across the street from Robinson's office in the John Hancock Tower in Boston.

"I relaxed much more easily this time I returned to work," says Marcia, a senior representative for corporate projects with Hancock. "I can drop over for lunch or if I have a few minutes anytime during the day. If there is an emergency, I can be there in a minute."

As a result, Marcia finds that she is better able to concentrate on her job. "It also makes me feel good about the company and want to give more," she says. "It tells me that they want to keep quality workers."

Meeting today's family needs. Marcia's reaction is exactly how John Hancock Mutual Life Insurance Company hopes all its employees feel, says executive vice president Diane Capstaff, who headed up a committee that put together the company's family benefits program more than three years ago.

"We believe that our employees are our greatest strength," Capstaff says. "We decided to put our support behind that belief."

In addition to the child care center, which serves 200 kids and includes a room for ill children, Hancock has an on-site fitness center; an elder care hotline, which provides information, support, and referral to employees whose parents need care; Choices, a cafeteria program offering workers the chance to buy well-balanced, prepared meals on their way home from work; and lunchtime seminars on everything from child care to health care to elder care issues.



John Hancock's on-site child care center serves employees' families in Boston.

Hancock also recognizes the modern-day pressures of school and work schedules. When school is out, but work is not, employees pay $20 per child to enroll them in Kids-to-Go for an all-day excursion—a museum tour, ice skating, or other activities in the Boston area. When employees must travel overnight on business, Hancock is willing to pick up the cost of baby-sitting for children left behind.

HOW BUSINESS BENEFITS

Like John Hancock, many American companies are concluding that benefits that help families also help productivity and profits.

"It's definitely a bottom-line issue," says Judy D. Rosener, Ph.D., professor in the Graduate School of Management at the University of California/Irvine and author of *Work Force America: Managing Employee Diversity as a Vital Resource* (Irwin, 1991). "It's coming about because women are in the work force to stay. They used to be afraid to ask for these things for fear of being fired. But now it's becoming a public policy issue."

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COMPANIES THAT CARE

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The issue goes beyond gender, says John Hancock's Capstaff. "Many women *and* men have child care or elder care problems, or both. Traditionally, such problems affect a woman more than a man, but not always. We're trying to help everyone."

At various companies, family-friendly programs may include child care facilities; flexible working hours, which allow workers to start and finish earlier or later in the day; generous and specific policies regarding leaves for maternity and adoptions or to care for ailing family members; job sharing; financial assistance for adoption; support groups, phone lines, and resource and referrals for elder care; flexible spending accounts, which allow employees to set aside pretax dollars for child or elder care or for medical expenses; and part-time work.

Employers and employees both benefit in various ways from programs tuned into today's family needs:

Flexibility. A diverse work force stimulated Apple Computer's family benefits program, which began in October 1991 and includes flexible hours and generous family-leave policies. "People have different needs," says Angie Rodriguez, spokesperson for the Cupertino, California company. "We must be flexible. We realize it's hard to manage a family and a career. Our policy allows us to attract outstanding people."

Cost savings. At Corning, Inc. in Corning, New York, the company determined that each time a salaried employee was recruited, moved, and trained into a job—and then left—it cost between $40,000 and $80,000. "It's a waste of money if good employees leave," says Sonia S. Werner, career family consultant for Corning.

Productivity. Some policies cost virtually nothing except a change in thinking. John Hancock officials noticed that productivity increased once they allowed clerical workers to call home at 3 p.m. "Parents were worried about their latchkey kids getting home," Capstaff says. "We had never allowed workers to call home. Once we did, productivity went up."

Competitive edge. According to Craig Davidson, a research associate with the International Foundation of Employee Benefits in Milwaukee, smart companies use family benefits to position themselves for the future, when there will be more competition for qualified workers. "Companies are realizing that employees have private lives. In order to gain and keep workers, an employer must provide something that the other guy does not."

WHAT ABOUT COSTS?

Although many policies—especially child care—mean out-of-pocket expenses to the companies that sponsor them, the return is great. Denise Cichon, senior consultant on family policies with Aetna Life and Casualty in Hartford, says that before her company instituted its family leave policy, only 77 percent of the people on maternity disability returned to work.

Since the implementation of the policy, which allows up to six months

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TELL US WHICH PROGRAMS YOU'D LIKE AT WORK

Which employer-provided benefits are most important to you and your family? Let us know by ranking the following in order of importance to you with 1 being the most important.

11-12 ____On-site child care at work.
13-14 ____Subsidized, off-premises child care.
15-16 ____Family leave policies to care for ailing relatives, maternity, and adoption.
17-18 ____On-staff counseling and support groups.
19-20 ____Hotline and counseling about elder care problems.
21-22 ____On-site day care for older relatives.
23-24 ____Fitness center at work.
25-26 ____Subsidized, off-premises fitness programs.
27-28 ____Flexible work hours, which allow workers to start and finish earlier or later in the day.
29-30 ____Job sharing.
31-32 ____Long-term care insurance.
33-34 ____Flexible spending accounts, to set aside pretax dollars for child or elder care or medical expenses.

Who filled out this questionnaire?

35-1 ❑ A man
35-2 ❑ A woman

Are you:

36-1 ❑ Under 25
36-2 ❑ 25-29
36-3 ❑ 30-34
36-4 ❑ 35-39
36-5 ❑ 40-44
36-6 ❑ 45-49
36-7 ❑ 50-54
36-8 ❑ 55-59
36-9 ❑ 60-64
37-1 ❑ 65 or older

How many people live in your household?

38 ____Adults (18 and over)
39 ____Children (17 and younger)

Are you:	**Self**	**Spouse**
	40-1 ❑	41-1 ❑ Employed full-time
	40-2 ❑	41-2 ❑ Employed part-time
	40-3 ❑	41-3 ❑ Temporarily unemployed
	40-4 ❑	41-4 ❑ Full-time homemaker
	40-5 ❑	41-5 ❑ Full-time student
	40-6 ❑	41-6 ❑ Retired

In what state do you currently reside?_____

What is your zip code?_____

[OPTIONAL] What is your total annual household income, before taxes?

42-1 ❑ Under $20,000
42-2 ❑ $20,000-$29,999
42-3 ❑ $30,000-$39,999
42-4 ❑ $40,000-$49,999
42-5 ❑ $50,000-$59,999
42-6 ❑ $60,000-$69,999
42-7 ❑ $70,000-$79,999
42-8 ❑ $80,000-$89,999
42-9 ❑ $90,000-$99,999
43-1 ❑ $100,000 or more

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COMPANIES THAT CARE

continued from page 54

unpaid leave, the rate of return has jumped to 88 percent. Both fathers and mothers are eligible for the leave, and any employee who's been on board for at least a year may take leave to care for an ill relative. At first, some managers feared the company was inviting a costly and awkward exodus of workers. Not so. The average leave is 8.8 weeks.

Other companies offering generous family benefits report similar results. "Ninety-nine percent of your employees are responsible," says Chris Kjeldsen, vice president of headquarters human resources for Johnson & Johnson, the New Jersey pharmaceuticals giant. "Employees understand what Johnson & Johnson is providing for them," he says, and they take care not to abuse the benefit.

The company has laid out hundreds of thousands of dollars to construct on-site child care and fitness facilities and to offer generous family-leave policies. "We don't look at it as a cost to business, but as an investment in the future, a competitive tool," Kjeldsen says.



Child care is one of many family-sensitive benefits offered to John Hancock employees.

CHANGING MANAGEMENT ATTITUDES

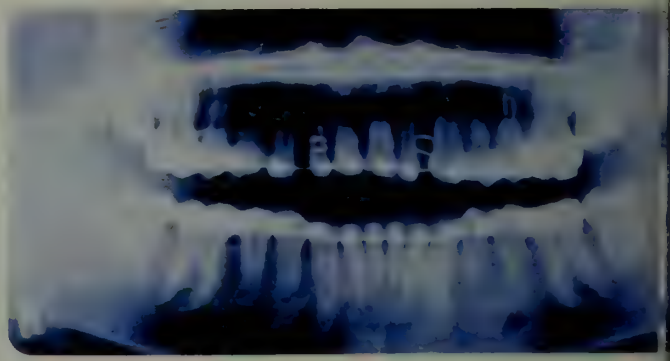
Twenty years ago, family issues did not hold high priority in the workplace. "The top management at companies were not of a generation th[at] would understand a family where th[e] mom did not stay home," says Kjel[d]sen. "Now, people who can relate [to] that type of family are moving up th[e] ladder, and they're in a position [to] say, 'Hey, this makes sense.' "

Still, most companies that provid[e] family benefits must do some co[n]sciousness-raising for managers an[d] supervisors on all levels.

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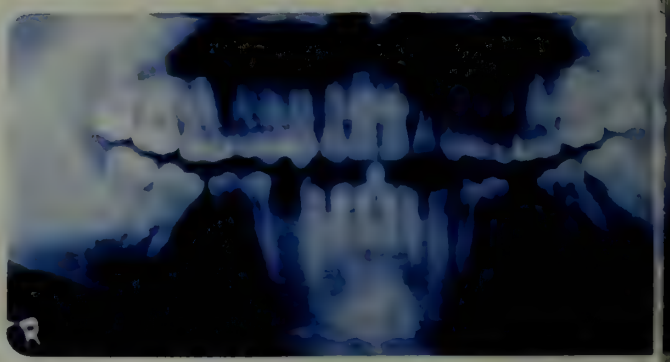
Adult mouth, with tight teeth.



Teenage mouth, with upper and lower braces.



Child, with permanent teeth emerging



Adult, with wide-spaced teeth.

Corning's program involves child care, elder care, and flexible working arrangements. The last is perhaps the most challenging, according to Werner. "Our main thrust here is to change the corporate culture," she says. "That's no small task. You can put all these policies in front of people—flex time, job sharing, working at home—but then a manager can say, 'Not in our business.' "

Corning managers and supervisors have attended seminars where the motive behind the policies is explained. "We're trying to help them be creative, flexible supervisors," Werner says, "and get over the fear that if they give it to one person, everyone will want it." The company also conducts seminars to teach employees how to make their requests for flexible working arrangements viable and attractive to their bosses and to their coworkers, who may have to make up some work in their absence.

Supervisors have been similarly trained at Johnson & Johnson. "We told them that not only was it their responsibility to work with employees, but that they had the green light to do so," says Kjeldsen. "That took the wraps off the argument that said, 'What if my boss finds out?' "



STRIDE RITE

Stride Rite provides child care and elder care in the same on-site facility.

WHAT'S NEXT?

Even as other companies try to learn from leaders such as those cited in this article, the leaders themselves are not sitting still. "My bet is that over the next few years we'll make gradual changes in programs as we find out how they're working," says John Hancock's Diane Capstaff. "We've just done an employee survey on elder care, and there are more problems than I thought. Now we have to wonder, is the hotline enough? Do we perhaps need an adult day-care center? What could we do?"

Craig Davidson predicts that elder care benefits will be the next big area in which companies move. For example, Stride Rite, the children's shoe company, recently opened a day-care center that serves children and elders in the same facility.

Another benefit some companies are beginning to offer is long-term care insurance—a policy that kicks in when needed for round-the-clock care in a nursing home or at home.

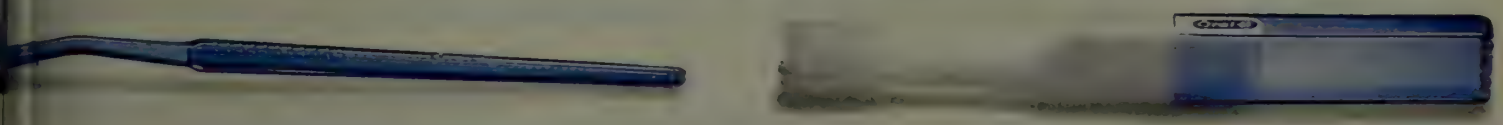
There's no going back on these policies. "Dual-income families are on the rise," says Davidson. "Money isn't always the critical issue. They don't want to maximize cash, they want to maximize the overall picture."

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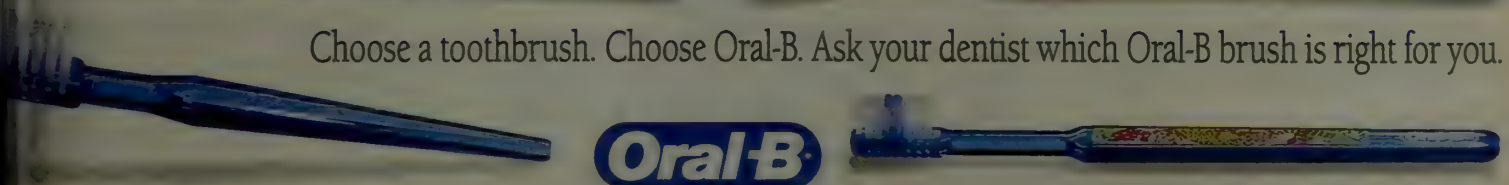
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GONE TODAY, HAIR TOMORROW

The bald facts on hair loss



Sometimes it seems as if eagles are the only ones proud to be called bald. Many men—and a fair number of women—experience natural hair loss. A good portion of those folks take it in stride. This article, on the other hand, is for those folks who might still harbor a wistful wish for wisps, if nothing else.

You're not so vain. At its roots, being treated for hair loss reflects a need to fit in. "Having hair isn't necessarily an issue of vanity; it's an issue of being comfortable in society," says Dowling Stough, M.D., clinical assistant professor of dermatology at the University of Arkansas and director of The Stough Clinic in Hot Springs. "When we lose our hair, it's no different than losing teeth or even a limb. We fight it and make adjustments, but we want to regain what we've lost: our previous appearance."

"We live in a time when appearance is important, and hair is a prominent accessory," says Diana Bihova, M.D., clinical assistant professor of dermatology at New York University School of Medicine. "Baldness can cause an insecure self-image professionally and socially."

Our concern, if not preoccupation, with covering our pates helps explain the "phenomenal explosion" in the last decade of hair-replacement research, says Nia Terezakis, M.D., clinical professor of dermatology at Tulane University Medical School. Until this explosion, much of what was known about hair came from wool industry research 20 to 30 years ago. Now, says Terezakis, research emphasizes human hair.

The basics. A typical head has about 100,000 hairs on it at puberty, and the number declines after that. (Blonds have an average 140,000 hairs, brunets 105,000, and redheads 90,000.) Shedding 50 to 100 hairs a day is normal. A shed hair is usually replaced by a new hair from the same follicle just below the skin's surface. No new follicles are ever formed.

Nearly two-thirds of men develop some form of balding, and at least two-thirds of women struggle with hair thinning, says the American Academy of Dermatology. Causes of excessive hair loss include childbirth, high fever, severe infection or flu, thyroid disease, ringworm, inadequate dietary protein, medications (e.g., anticoagulants, antidepressants, beta blockers, arthritis drugs), cancer treatments, birth control pills, low iron in the blood, and major surgery.

Alopecia areata, a disease causing sudden hair loss ranging from quarter-size patches to complete baldness, affects 2.5 million Americans, according to the National Alopecia Areata Foundation.

Of course, heredity is the cause of the most common type of balding, male pattern balding. This trait can be inherited from the mother's or father's side of the family and is common in men *and* women. Women who inherit this trait develop thin, diffuse hair. They rarely go bald, but that doesn't mean they don't suffer.

"Baldness is just as traumatic for women as it is for men," says Terezakis. "It can be devastating," she says, because female hair loss is less accepted socially. She says that many women counter their condition with wigs or a "so-little-hair-yet-so-much-style" attitude, taking care to perm or tint their hair so it looks fuller.

TREATMENT OPTIONS

No perfect solution to hair loss exists. But if you're willing to compromise and experiment, you have a wide range of treatments:

Minoxidil. Although initially approved for male balding, minoxidil is often most effective in women with diffuse, thinning hair. Minoxidil, under the brand name Rogaine, came along in 1988 and was an instant success—for a select population. Minoxidil is for people with thinning hair, but still with hair. If you are completely bald, minoxidil won't help, says Terezakis. Bihova says that minoxidil is for people who have some hair on a balding spot that is less than four inches across and for folks who have been balding for less than 10 years.

It is unclear exactly how minoxidil

continued on page 64

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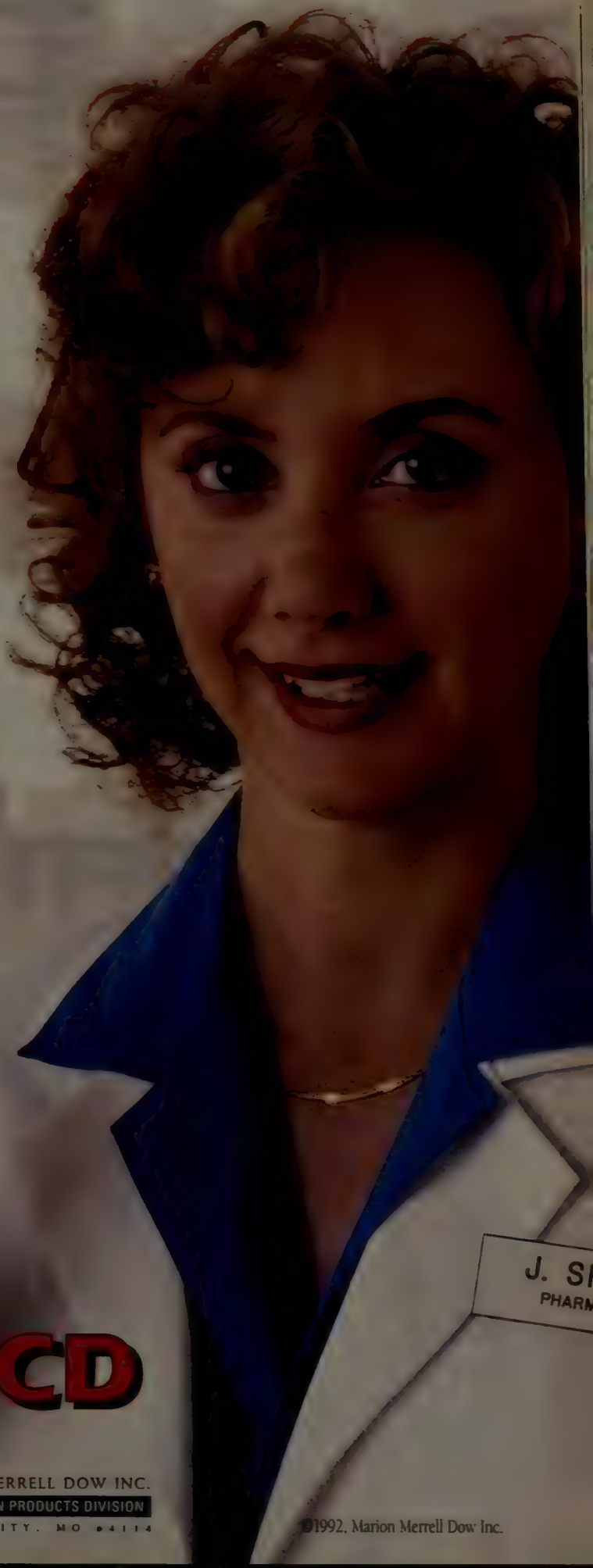
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GONE TODAY, HAIR TOMORROW

continued from page 62

works. It may stimulate growth by increasing blood flow to hair follicles in the areas where it is applied, says John F. Romano, M.D., clinical assistant professor of medicine at New York Hospital-Cornell Medical Center.

Minoxidil is a lotion applied to a balding spot twice a day. Results begin after five to 10 months of use, first with the appearance of fuzz (vellus), which is not regular hair. Gradually, regular hair takes over—at least it's supposed to.

Once you start with the drug, you must stay with it. If you quit, so will the new hair. Cost is $40 to $60 a month. Side effects include scalp irritation and headaches in some people.

"I see using Minoxidil as a hold-what-you've-got program, rather than for growing a thick new head of hair," says Stough.

Hair transplants. People who are not candidates for minoxidil may opt for surgery, which can result in a satisfying new look. However, hair transplants aren't a quick, or cheap, fix.

In punch grafting, plugs of hair-bearing skin are taken from the back of the head and placed on the top. Women with diffuse, thinning hair often are not good candidates for this procedure.

Between 30 and 100 plugs, each containing about five hairs, are transplanted in a session. "The scalp can only take a certain number of insults," says Cornell's Romano. Usually, several sessions are needed. Each session is separated by a few months of healing, which may involve some itching and swelling and temporary crust formation at donor and receiving sites. There may also be an artificial or mismatched doll's-hair look at first," says Romano. Cost is $20 to $50 per plug and is not covered by insurance.

Taking advantage of new microsurgical techniques, Stough uses fine needles to transplant grafts of one to three hairs. Compared to plugs, smaller grafts mean less scarring and a more natural, feathered look. The job takes three to five sessions. Transplanted hair usually falls out, then regrows within six months.

Scalp reduction. This surgical technique involves removing some of the bald skin and stitching together the remaining hair-bearing skin. As much as half the bald area can be reduced using this procedure, which is often used with hair transplantation. Tissue expansion (using saline-filled bags placed under hair-bearing areas) and flap surgery (wide strips of hair-bearing scalp replace removed bald scalp) are other surgical procedures.

And then there's . . . The size of the market for hair-loss treatments almost guarantees that you'll run into a mind-boggling array of ideas. Here are a few of the possibilities:

- Wigs and hairpieces are probably the safest route (other than simply ignoring the problem). Good ones are expensive but, if properly matched to your hair, are virtually undetectable.

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prettier & ohmygosh
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SOFTER
Soft!

● Cosmetics that color the scalp make thinning less obvious. These are safe, but they must be applied regularly and can be expensive. Beware of over-the-counter products that claim to rejuvenate follicles. Stough says these claims are 100 percent false.

● Hair weaves involve weaving artificial hairs with real ones. But sometimes this backfires; the real hairs can get tugged out. "They don't tell you that in the ads," says Stough.

● Devices that fasten to the scalp are risky, say many doctors. Synthetic hair implants can cause infection and scarring. Glues and suction cups used to hold hairpieces can lead to irritation. Wig snaps woven into existing hair can pull out real hairs. Wires and small steel spikes that are buried in the scalp to be used as hair-piece anchors can cause infection and scarring, says Stough.

For more information. Before you try any medical treatments for hair loss, talk to a dermatologist. Or, for free single copies of the pamphlets "Hair Loss" and "Permanent Hair Replacement," send a SASE to the American Academy of Dermatology-Communications, P.O. Box 681069, Schaumburg, IL 60168-1069.

The National Alopecia Areata Foundation's (NAAF) mission is to help people of all ages with alopecia areata, a disease causing sudden hair loss ranging from quarter-size patches to complete baldness. The NAAF, founded in 1981, fosters research into causes and treatments of alopecia areata. The foundation also has 50 support groups nationally. For informational pamphlets, write the NAAF, P.O. Box 150760, Dept. BHG, San Rafael, CA 94915-0760.

ON THE HORIZON

Minoxidil won't always be the only drug treatment for hair loss. Other drugs are waiting in the wings and could be available within 5 to 10 years. Many of these drugs are aimed at modifying the hormonal processes that influence male pattern baldness.

Researchers know that the normal breakdown of the hormone testosterone produces a by-product that can shut down hair follicles and hair growth. In theory, any drug that can block the influence of male hormone by-products on follicles can prevent baldness. The trouble is, blocking male hormones can lead to feminizing side effects, such as growing breasts, which is too heavy a price for most men to pay. Hence, more study is needed.

There will be more study of the hormones and enzymes involved in the balding process. Romano says that by the year 2000, researchers will find a "cure for baldness." Most other experts, however, aren't so bold. Stough says he does not foresee a complete cure for baldness. Instead, he predicts, we'll see drugs that are better than what we have now.



SPOTTING YOUR DOCTOR'S MEDICAL MISTAKES

Recognizing common errors



Who are *you* to be telling your doctor, "I think you've made a mistake"? Believe it or not, you don't need a degree from Harvard Medical School to spot many of the most common errors that doctors make. In fact, in this day of hurry-up medicine and cost-cutting programs, patients must take more responsibility than ever for the quality of their medical care.

What kind of mistakes? No one expects you to spot the sort of technical errors that lead to malpractice suits—giving you the wrong drug during a heart attack, for instance. You also probably won't spot "mistakes" that arise because of honest differences among doctors.

"Medicine is an imprecise science," says Tom Reardon, M.D., a trustee of the American Medical Association. He points to a study showing that one medical problem was treated four different ways in four countries.

Fortunately, the most common mistakes doctors make are less than catastrophic and far easier to spot before they do harm.

We polled medical experts from around the country to develop a list of the mistakes patients *can* catch. We also garnered advice on how to handle these situations when they arise.

It's also important to know that doctors today—the good ones, at least—welcome patient input. This is a new age of medicine in which doctors form partnerships with patients and encourage them to learn enough about medicine and their bodies to spot some common medical mistakes.

Of course, doctors sometimes don't like to be told they are making mistakes. Still, you must persist. Your health, after all, is at stake. Here are mistakes you can spot and do something about.

1. TELLING YOU YOUR PROBLEMS ARE "ALL IN YOUR HEAD."

Yes, some doctors still give this demeaning reply. It's a sign that your doctor refuses to link stress or emotional turmoil to such physical ailments as ulcers, headaches, backaches, and bowel irregularities.

This kind of response may also indicate that the doctor cannot spot depression. Signs of depression (sleeplessness, feeling "blue," fatigue, low self-esteem, eating too much or too little) may be pooh-poohed or misdiagnosed by doctors. Sociologist Marilyn Potts, Ph.D., at California State University, Long Beach, found 49 percent of a group of depressed women were not diagnosed as such by doctors; 65 percent of a group of depressed men were misdiagnosed.

If your doctor has an all-in-your-head attitude, switch doctors. Or at least ask that he or she refer you to a professional in mental health. "A good doctor will talk *with* patients, not down to them," says Michael Fleming, M.D., a Shreveport, Louisiana, family practitioner. "There are no stupid questions. For the money doctors get, they should be able to hear you out and help."

2. LOUSY HANDWRITING AND SLOPPY RECORDS.

Some hurried doctors claim bad handwriting is no big deal. Pharmacists can always call the doctor about illegible prescriptions, they argue.

"In theory that's how it works, but not always in practice," says Michael A. Donio of the People's Medical Society in Allentown, Pennsylvania. True, pharmacists get to know their customers' needs, but the pharmacist, who may also be hurried, "may not know you from Adam," Donio says. He adds that some patients hop from pharmacist to pharmacist or have two or three physicians prescribing medications. With more professionals involved, the chances of error increase—even when the doctor's handwriting is good.

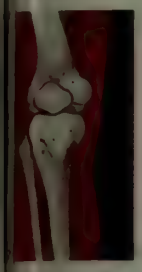
Bad handwriting also causes poor record keeping. Sometimes doctors don't read the whole patient file, especially when they can't read their own writing. With no easy-to-read log of medications, the potential exists that "new medications will conflict with the old," says Larry Dickey, M.D., in the U.S. Department of Health & Human Services. "You could have a string of medications that add up to something bad for the patient."

Dickey's advice is to keep your own medication records and cross-check them with your doctor's. Also, make sure you can read prescriptions and understand the drug and dosage.

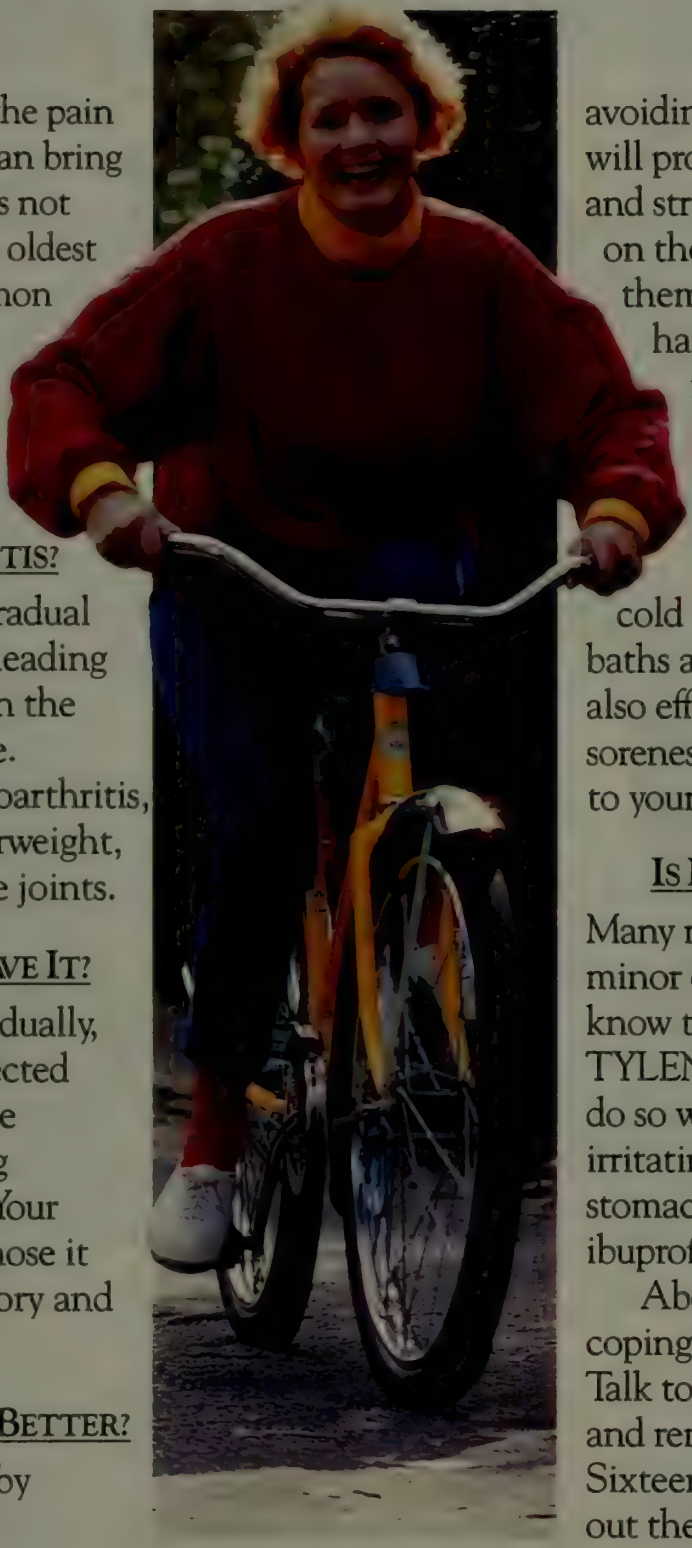
continued on page 68

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HOW DO I KNOW IF I HAVE IT?

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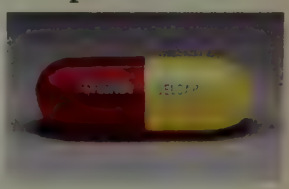
RE THERE WAYS TO FEEL BETTER?

king care of your joints, by ing correct posture and avoiding high-impact exercises, will protect them from stresses and strains. Exercising regularly, on the other hand, will prevent them from becoming stiff and hard to move. Also, don't forget to keep an eye on your weight; the less weight your joints have to carry, the better.

In addition, hot and cold treatments, such as hot baths and cold compresses, are also effective in relieving pain and soreness. Again, be sure to talk to your doctor.

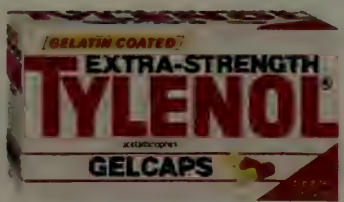
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Use only as directed for occasional arthritis pain.

MEDICAL MISTAKES

continued from page 66

3. FAILING TO KEEP CURRENT.

Beyond reading journals and meeting continuing education requirements, family doctors, for example, must prove they are current by being recertified every six years. Even with this constant study, doctors cannot possibly keep up with research in all specialties. But they should show a respect for new developments and a willingness to refer to specialists.

For example, good doctors outside of the field of rheumatology won't know about all 106 forms of arthritis. But they can do a thorough history and exam before referring to specialists. "They shouldn't say, 'Oh, it's just arthritis. You'll have to live with it,' " says Cody Wasner, M.D., a Eugene, Oregon, rheumatologist.

The only way patients know if doctors are current is by educating themselves using materials from such groups as the Arthritis Foundation, the American Cancer Society, and the American Heart Association.

4. STARTING LENGTHY TREATMENT AFTER ONE TEST.

Even in this day of cost containment, several tests are usually needed for a diagnosis. If your blood pressure is high once, that doesn't necessarily mean you need medication. Readings vary as much as 20 milligrams Hg depending on whether you stand, sit, or lie down. Stress, time of day, and caffeine are also factors. Just having a doctor present can raise your blood pressure—so-called white-coat hypertension. Blood sugar levels vary, too, and may be high one hour after eating, then normal four hours later.

The solution is to have several readings, preferably over a period of weeks. If your doctor doesn't order them, ask for them. Doctors should also ask about other symptoms such as headaches and dizziness.

There are exceptions to the several-readings rule. If one blood pressure or blood sugar reading is off the charts, the patient is at risk. In these cases, says Stuart Hanson, M.D., president of the Minnesota Medical Association, you have no choice but to medicate first and recheck later.

5. PRESCRIBING ANTIBIOTICS "JUST TO BE SAFE."

Offering antibiotics can be sloppy—or good—medicine. It's sloppy when your cold is caused by a virus, which antibiotics won't kill. Therefore, your money is wasted.

On the other hand, more than 50 percent of lung infections do respond to antibiotic treatment. Doctors can do expensive, time-consuming tests to find the bug, or they can go with the odds and offer antibiotics. It's cases like these that rely on the judgment of the doctor, explains Hanson.



Good doctors welcome patient input. "Here's a person who cares what kind of doctor he or she sees," says James M. Herman, M.D., Penn State School of Medicine.

Another factor in overprescribing antibiotics: "Patients may get huffy because their doctor won't give them anything," says Donio. Arthur Levin, of the Center for Medical Consumers in New York City, adds that doctors may be "quick with the pad when patients demand it. Some won't refuse patients because they do not want to lose them." (See "The 10 Most Overprescribed Drugs," *page 70.*)

Ask why your doctor is prescribing antibiotics. Perhaps get a second opinion. But if the doctor doesn't prescribe—and explains why—don't get huffy. Sometimes the best medicine is none at all.

6. OFFERING NO ALTERNATIVES TO SURGERY.

Sometimes surgery is the only solution, but in many cases other treatments are less invasive. Diverticulitis, a bowel inflammation, can be fixed by colon surgery, says Reardon. But medication and a change in diet also can work. Depending on the circumstances, it's your choice, but only if your doctor offers you the option.

"In many cases, differences of opinion about treatment exist among physicians," says Levin. "Doctors should tell that to patients."

A second opinion is critical with surgery. Levin says beware of doctors who refer you to buddies in the same specialty who may rubber-stamp your doctor's advice. You might try someone in a related specialty. For example, for back surgery you might talk to a specialist in rehabilitative medicine.

7. NOT PROMOTING PREVENTION.

Times are changing because of rising health care costs, but preventive medicine is not the strong suit of many doctors. "A doctor's training is mostly in hospitals with highly intensive cases," notes Reardon.

The irony is, many of these cases could have been avoided with preventive medicine. For example: checking blood pressure, blood sugar, and cholesterol; tracking immunizations; encouraging breast self-exams, mammograms, and pap smears for women and prostate exams for men; and urging physical activity, nutritional changes, and no smoking.

"A lot of physicians don't ever ask patients what they eat, or if they do, it is related just to diabetes," says Sheah Rarback, M.S., spokesperson for the American Dietetic Association and faculty member at the University of Miami School of Medicine. Too bad she says, "because heart disease and cancer are our number one and two killers, and food has a role in preventing both of them."

Patients also play a role in prevention. Keep pressuring your doctor about it, but also heed their advice. Good medicine is a partnership.

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THE TEN MOST OVERPRESCRIBED DRUGS

Is one wrong for you?



As a physician, I know that many patients feel disappointed when I can't "give them something" for their misery. Often they reject the suggestion that the problem will likely correct itself within a day or two.

Doctors enjoy helping, and we feel bad when we can't. So what do we do? In too many cases, we prescribe a drug just to convince the patient that we are doing something about the problem. Unfortunately, the "cure" may be as potent against the problem as a sugar pill. This sort of overprescribing makes all parties feel better, but that doesn't make the practice harmless.

What's the problem? For one thing, patients who visit several doctors may find themselves with a grab bag of medications that interact in dangerous ways. For another, financial costs can be considerable. Finally, inappropriate prescribing can keep the patient from getting the treatment he or she really needs.

Who is at risk? Overprescribing is rarely a problem with well-defined illnesses. If you arrive at the doctor's office with pneumonia or a kidney infection, your chance of getting an unnecessary drug is nearly zero.

The odds reverse when you're suffering from vague digestive problems or physical symptoms with a strong emotional element, such as fatigue, difficulty losing weight, or nagging pain. Often there is little a doctor can do about these problems.

Protecting yourself. One way to avoid overmedication is to be sure you're not pressuring your doctor to prescribe. Ask your doctor this simple question: What will happen if we don't treat the problem? If the answer is, "It will probably go away on its own," feel free to question whether a prescription is needed.

Another way to avoid unneeded prescriptions is to learn to recognize the most-common medicines involved in overprescribing. After 20 years of observing doctors and listening to patients, I've come up with a list of the most overprescribed drugs. I hope that after reading about these drugs you'll be less likely to pressure your doctor into prescribing unneeded medications.

When patients demand fast action, too many doctors prescribe too many drugs. We all pay.

1. AMOXICILLIN

Like all antibiotics, amoxicillin fights bacteria, not viruses. It works wonders for many ear and urinary tract infections.

What it's not good for: This may be the most popularly prescribed antibiotic for people who don't need an antibiotic. If you have a viral infection (cold, most sore throats, flu, or other upper respiratory infection), and your doctor suspects that you won't be satisfied with cough medicine and lozenges, you may get amoxicillin. The drug has no effect on infections caused by viruses, which are immune to antibiotics. Fortunately, these illnesses usually run their course in a week or so.

2. ERYTHROMYCIN

This popular antibiotic kills many of the same germs as penicillin, making it an excellent substitute in case of penicillin allergy. In the absence of allergy, however, a patient who needs penicillin should get penicillin. Experts recommend erythromycin for pneumonia in an otherwise healthy adult.

What it's not good for: Despite many important uses, doctors prescribe most erythromycin for coughs and sore throats caused by viruses, which it won't help.

3. TETRACYCLINE

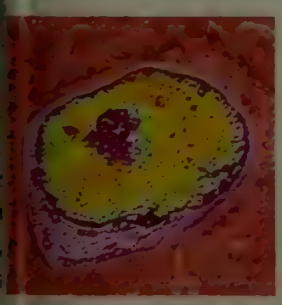
A fine broad-spectrum antibiotic, tetracycline is the preferred treatment for nongonococcal urethritis (a common venereal disease), trachoma, Lyme disease, typhus, Rocky Mountain spotted fever, and bubonic plague.

continued on page 72

—Michael Oppenheim is a physician who practices in Los Angeles and a free-lance medical writer.

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THE TEN MOST OVERPRESCRIBED DRUGS

continued from page 70

What it's not good for: Tetracycline is not effective for respiratory infections except for some pneumonias and many lung infections in older smokers.

4. CECLOR

For patients who demand the very latest cure, Ceclor is much newer than the above three antibiotics and wildly expensive. Thanks to a massive public relations effort, it is already second (to amoxicillin) on the antibiotic best-seller list. A fine treatment for ear infections, Ceclor can substitute for amoxicillin. It's an acceptable alternative for those who can't take penicillin, but allergic patients may prefer erythromycin at one-twentieth the cost.

What it's not good for: Once again, it's not the answer for those pesky viral infections.

5. CIPRO

Ciprofloxin belongs to an important new class of antibiotic, called fluoroquinolones, that kills an extremely broad spectrum of bacteria.

A genuine advance for severe infections, Cipro plays a minor role in the practice of the average family doctor. It's a useful alternative for urinary tract infections, traveler's diarrhea, and gonorrhea, but older antibiotics usually work as well at a fraction of the cost.

What it's not good for: Viral infections.

6. THYROID PREPARATION

Researchers estimate that 1 to 2 percent of adults suffer an underactive thyroid gland. This is true when they count everyone taking a thyroid preparation, but one doctor studied 1,500 adults and found only six with an underactive thyroid (one in 250). Another took patients off their medication to see how many didn't need it. Sixty percent didn't.

What it's not good for: Most thyroid preparation goes in vain to women complaining of chronic fatigue or difficulty losing weight. A quick exam, a few sympathetic words, and a prescription save the doctor a good deal of time, and patients are usually pleased that their problem is so simple. Many report that they feel better within a few days, although thyroxine, the active drug, takes two weeks to work.

The drug is cheap, small doses are harmless, and many patients look uncomfortable when I suggest stopping for a month to check their natural hormone level (testing for thyroid while taking the preparation won't help). So I don't insist, but everyone taking a thyroid preparation should give the matter thought. You might be healthier than you think.

7. TAGAMET

Tagamet (and its newer competitors: Zantac, Pepcid, and Axid) heals ulcers and prevents their reoccurrence by suppressing stomach acid.

What it's not good for: Many gray areas exist in medicine, so detecting overprescribing is not as easy as some critics claim. With Tagamet, Zantac, and similar drugs, it's a snap. Treating any disorder caused by excessive stomach acid requires regular daily doses for at least a month, often several months. A doctor who tells a patient to take a Tagamet pill "when you need it" is prescribing a placebo.

Acid-suppressing drugs won't affect most types of bloating, cramping, belching, heartburn, irritable bowels, and many forms of indigestion. The confusing part is that all of these disorders come and go unpredictably, so any drug may seem to work for a while.

A doctor who tells a patient to take a Tagamet pill 'when you need it' is prescribing a placebo.

8. DARVON

This is propoxyphene, a mild pain reliever that's not superior to other common analgesics. Unlike aspirin, propoxyphene doesn't irritate the stomach, but neither does acetaminophen (in the brands Tylenol, Panadol, Datril, and others including generics) at one-third the cost. I rarely prescribe Darvon unless patients ask, but they ask fairly often. Maybe it's the slight buzz some people get from it, but the mere fact that it's a prescription drug gives Darvon a power absent in aspirin or Tylenol. In the past, doctors worried about codeine addiction, so we offered Darvon instead. Now we know that both have the same tiny abuse potential.

What it's not good for: Saving money. Over-the-counter remedies do as well for much less money.

9. ZOVIRAX

This is an excellent treatment for the painful sores of genital herpes. Zovirax tablets give fairly quick relief if taken within two days of the symptoms' onset.

What it's not good for: If herpes has been present more than two days, Zovirax doesn't work well. Also, treatment isn't necessary if the sores aren't uncomfortable. They disappear within a week.

Patients loathe blemishes on this sensitive area and rarely welcome the news that treatment isn't necessary. As a result, doctors prescribe Zovirax generously for mild attacks of herpes as well as unrelated sores, bumps, and pimples on the genitals. If it isn't herpes, Zovirax doesn't work.

10. MICRONASE

Micronase lowers blood sugar in adults with diabetes who don't require insulin. Oral hypoglycemics are the best treatment for thin patients.

What it's not good for: Most adult-onset diabetes patients are obese; weight loss, not drugs, is their best treatment. Many who lose weight find that their blood sugar returns to normal. Thus, they no longer have diabetes—a healthier situation than controlling the disease with drugs.

Most doctors encourage dieting at the time they announce the diagnosis. But losing weight is hard; many patients become discouraged. Even a conscientious doctor who devotes a great deal of effort achieves only modest results. So we tend to prescribe an oral hypoglycemic too quickly. If the blood sugar becomes normal, both doctor and patient are pleased. But, to repeat, weight loss is the best treatment for an overweight diabetic.

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CORTAID HELPS CURE IT

HEALTH UPDATE

MEDICAL NEWS YOU CAN USE



FOR HEAVIER OR WORSE

Marriage a heavy decision for men

Men preparing to tie the knot better hope that one of their wedding gifts is a membership in an exercise club. A new study links obesity in men to marriage. But don't blame their wives' good cooking—other factors are at work too.

Scientists from Cornell University studied a random sample of 3,025 Americans age 20 to 64. Researcher Jeffrey Sobal, a nutritional sociologist, offered several explanations for the post-marriage gain. Men in marriages tend to eat better and lead a less active lifestyle. In addition, social pressures to stay slim decline after marriage.

On the plus side of the ledger, married men tend to be healthier than their single brothers. They also live longer and report less depression.

Women eager to see their husbands shed a few of those extra pounds would do well to reform their own habits. A study of couples in the Women's Health Trial found that women who stick to eating low-fat foods are more likely to inspire their husbands to do likewise.

According to one of the researchers, Ann L. Shattuck, M.P.H., of the Fred Hutchinson Cancer Research Center in Seattle, husbands of women on a rigorous low-fat diet cut their own intake of fat by about 10 percent.

EXERCISE AND DIABETES

A link too strong to ignore

Get off your duff—if you want to dramatically lower your odds of getting a common form of diabetes. In a new study, adults who worked out reduced their chances of developing noninsulin-dependent diabetes mellitus (NIDDM).

NIDDM is a form of diabetes that doesn't require insulin shots. Obesity is strongly linked to NIDDM, so patients, with the guidance of a doctor, can often control the problem simply by eating less and maintaining a desirable weight level.

The more you work out, the more the odds tilt in your favor, explains JoAnn E. Manson, M.D., of Harvard Medical School. She and her colleagues studied the medical records of 21,271 male doctors aged 40 to 84, all of whom were free of the disease at the start of the study. Compared to the group as a whole, those who exercised vigorously five or more times a week were 42 percent less likely to develop the disease during the following five years. Exercising two to four times a week cut the risk 38 percent; once a week workouts lowered the risk 33 percent.

TEENS WHO DO IT ALL RISK TAKING A FALL

Don't squander your sleep

Today's teenagers—or at least a portion of them—often have schedules that would burn out a workaholic. They're up at dawn to prepare for school, working a job many afternoons, evenings, and weekends, then burning the midnight oil to finish their homework. It's a wonder they have time to sleep.



A wonder, indeed, warns Mary Carskadon, Ph.D., who says that too many teens are getting too little sleep. According to Carskadon, a researcher from E.P. Bradley Hospital in East Providence, Rhode Island, sleepy teens place themselves and their families at risk. These tired teens face problems at home and at school, and stand a greater chance of being involved in accidents. Lack of sleep also makes a person more vulnerable to the effects of drugs and alcohol.

Parents need to be aware that lack of sleep isn't harmless. Instead of laughing off the problem, they should encourage their children to develop good sleep habits early.

For a free brochure on the subject, write: Better Sleep Council, P.O. Box 13, Washington, DC 20044. (In Canada, Box 1277, Station B, Downsview, Ontario, M3H 5V6.)

ECZEMA:
Some eczema creams are like novocaine.
They numb the area, but they don't help heal it.
Before
Maximum Strength!
PRESCRIPTION STRENGTH ITCH & RASH RELIEF
without a prescription!
Maximum Strength
Cortaid
1% HYDROCORTISONE ANTI-ITCH CREAM
Cream
Cortaid stops the itch and heals the rash.
Cortaid is the advanced medicine that doesn't just relieve the itch, it also helps cure the rash of an eczema attack. That's why more doctors recommend Cortaid by name than any other brand.
Also available in Regular Strength. Use only as directed. © 1993 The Upjohn Company.
CORTAID HELPS CURE IT.

BUILD IT BETTER WITH EARTH-FRIENDLY PRODUCTS

Remodeling or building a house affords you terrific opportunities to conserve some of the vast quantities of resources our homes use. The average 2,000-square-foot house requires 10,000 board feet of lumber. Heating and cooling our homes consumes one-eighth of the national energy budget. In our bathrooms and kitchens, we use more water than the citizens of any other country—about seventy gallons a day per person. But improvements and solutions abound. Here's a truckload of new, earth-friendly products designed to help you build a greener future.



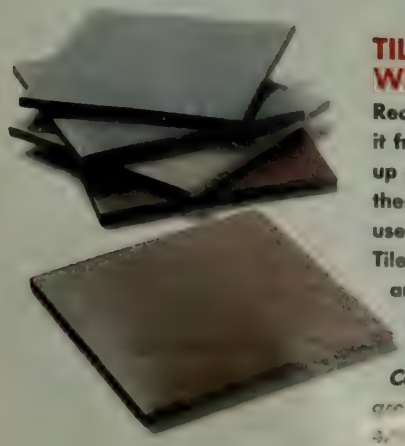
SMOG-FREE PAINT



Most paints contain volatile organic compounds (VOCs), which contribute to smog and indoor air pollution. Glidden eliminated these problems with Spred 2000. This odor-free paint contains no petroleum-based solvents and is available in six white shades and twelve accent colors. Look for Spred 2000 in home centers and paint stores.

OLD NEWS FOR NEW WALLS

Fibers from old newspapers make up about 30 percent (by weight) of Louisiana-Pacific's Fiber-Bond wallboard. The wallboard attaches to walls with screws or nails like drywall. Unlike drywall, however, the joints are sealed without taping and layers of joint compound. The smooth surface takes paint or wallpaper and is more impact resistant than conventional drywall. For a free brochure write to: *Louisiana-Pacific, Marketing Department, 111 W. Fifth Ave., Portland, OR 97204.*



TILES FROM WINDSHIELDS

Recycled glass, much of it from old cars, makes up about 70 percent of these tiles. Designed for use on floors, Traffic Tiles come in 15 colors and seven standard sizes. Contact: *Stoneware Tile Company, 1650 Progress Dr., Richmond, IN* [illegible].

GO WITH THE LOW-FLOW



The average shower faucet blasts out about 5 gallons per minute—a needless waste of fresh water. The Teledyne SM-60 Series shower heads use 2.5 gallons per minute and deliver a consistent flow by sensing and adjusting for drops in water pressure. A pause setting lets you reduce the flow to 1 gallon per minute while lathering up. Look for the Teledyne SM-60 Series shower heads in home centers or retail stores, or call 800/525-2774.



You're

NO GREASY CREAMS

never

NO HEAVY PERFUMES

too

NO DEODORANTS

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JUST THE BASICS

to

WHAT ELSE COULD

baby

YOU POSSIBLY NEED

your

FOR YOUR SKIN

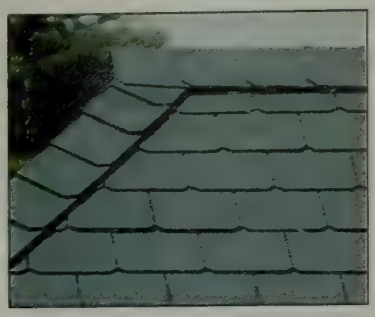
skin

IVORY SOAP

99 44/100% PURE ®

BUILD IT BETTER WITH EARTH-FRIENDLY PRODUCTS

WOOD/CEMENT SHINGLES



Made from wood fibers, recycled cellulose, and cement, FiberCem shingles top your home with a durable roof that is warranted for 50 years. The shingles will not shrink, expand, burn, or rot. FiberCem is also available as a lap siding material. *FiberCem Corp., P.O. Box 411368, Charlotte, NC 28241; 800/346-6147.*

PERFECT FOR PINUPS



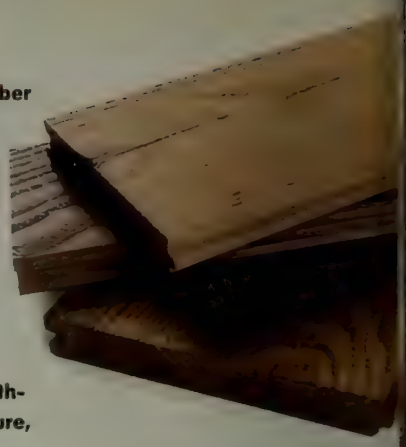
If your family bulletin board is overcrowded, build a bigger one with a Homasote burlap panel made from recycled newspaper. The panels are sold in 4'×8' sheets and larger sizes, and can be cut with hand tools and trimmed with moldings. The burlap covering conceals tack holes, comes in a variety of colors, and can be painted to match your home's decor. For information call: 800/257-9491, or write: Homasote Co., P.O. Box 7240, West Trenton, NJ 08628-0240.

POP BOTTLES TO CARPETS

How do you keep 40-million pounds of plastic bottles out of our landfills every year? Chop them up and recycle them into new carpets. Enviro-Tech carpets are made from 100 percent post-consumer recycled plastic. Look for the trademark names of Enviro-Tech, Wearlon, Ecolon, Permalon, or Duratron. For a brochure, write: *Image Carpets Inc., P.O. Box 5555, Armuchee, GA 30105.*



BARN AGAIN



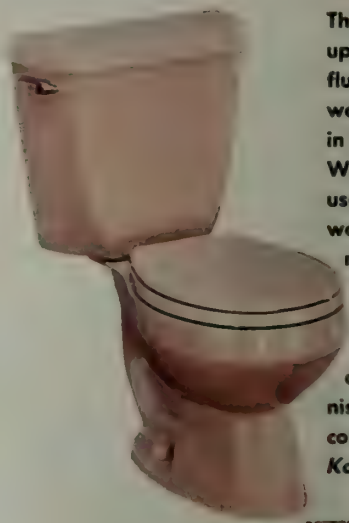
They don't make lumber like they used to, so Aged Woods salvages boards from old barns, bridges, and factories for use in floors, cabinets, and paneling. The species include oak, chestnut, white pine, hemlock, and others. For a free brochure, write or call: *Aged Woods, 2331 East Market St., York, PA 17402; 800/233-9307.*



LOOSE-FILL INSULATION

Nature Guard attic insulation is made by shredding old newspapers and treating them with a fire-retardant chemical. The resulting loose-fill insulation offers more R-value per inch than fiberglass. The paper can be treated by a different process and sprayed into wall cavities to eliminate air pockets and leaks around outlets. For a free brochure, write to: *Louisiana-Pacific, Marketing Department, 111 W. Fifth Ave., Portland, OR 97204.*

WASTE NOT ONE DROP



The average toilet uses up to six gallons per flush and wastes more water than any device in the house. Kohler's Wellworth Lite toilet uses just 1.5 gallons of water with consistent results—something not always assured with toilet tank add-ons, bricks, and water-displacement mechanisms. For information, contact: *Kohler Co., Kohler, WI 53044.*



know I should quit. Don't tell me why, tell me how."

You don't need lectures, you need help. Well, now there's a revolutionary product that can actually help relieve the body's craving for nicotine, when used as part of a comprehensive behavioral smoking-cessation program.

Nicoderm is a small, thin 24-hour nicotine patch that goes on your upper body and delivers a continuous flow of nicotine through your skin. Nicoderm has been clinically proven to help relieve the withdrawal symptoms that usually come with quitting.

In addition to a comprehensive behavioral smoking-cessation program, your doctor can also provide a free Nicoderm Committed Quitter's book containing strategies for outwitting—and outlasting—your habit.

The Nicoderm patch is available only with a prescription. Why not ask your doctor about it? After just 10 weeks of Nicoderm therapy you could be on your way to a new nonsmoking life-style.

Nicoderm is indicated as an aid to smoking cessation for the relief of nicotine withdrawal symptoms. It should be used as part of a comprehensive behavioral smoking-cessation program.

You should stop smoking completely before using Nicoderm and not use any other nicotine-containing products during treatment. Nicoderm should not be used for more than 3 months.

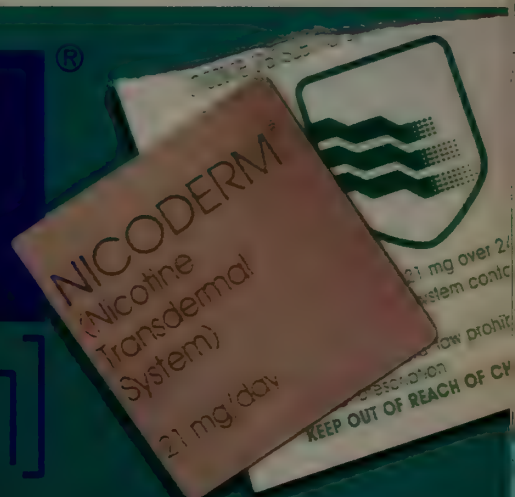
If you are pregnant or nursing, you should discuss other ways to stop smoking with your doctor. Because Nicoderm, like cigarettes, contains nicotine, it could harm your baby. Marion Merrell Dow does not recommend use of Nicoderm in pregnant women.

If you have cardiovascular disease, discuss other ways to stop smoking with your doctor. If you are taking any prescription medicines or are under a doctor's care for any condition, you should discuss the potential risk of using Nicoderm with your doctor.

There may be other risks associated with the use of Nicoderm. **Ask Your Doctor About the Nicoderm Patch.**

NICODERM®

[nicotine transdermal system]



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Please see adjacent page for additional important information.

821052

Patch shown at 78% of actual size.

Brief Summary of
Prescribing Information as of January 1992

NICODERM®
(nicotine transdermal system)

Systemic delivery of 21, 14, or 7 mg/day over 24 hours

Caution: Federal law prohibits dispensing without prescription.

DESCRIPTION

NICODERM is a transdermal system that provides systemic delivery of nicotine for 24 hours following its application to intact skin.

The NICODERM system is a multilayered rectangular film containing nicotine as the active agent. For the three doses the composition per unit area is identical. Proceeding from the visible surface toward the surface attached to the skin are (1) an occlusive backing (polyethylene/aluminum/polyester/ethylene-vinyl acetate copolymer); (2) a drug reservoir containing nicotine (in an ethylene-vinyl acetate copolymer matrix); (3) a rate-controlling membrane (polyethylene); (4) a polyisobutylene adhesive; and (5) a protective liner that covers the adhesive layer and must be removed before application to the skin.

INDICATIONS AND USAGE

NICODERM treatment is indicated as an aid to smoking cessation for the relief of nicotine withdrawal symptoms. NICODERM treatment should be used as part of a comprehensive behavioral smoking-cessation program.

The use of NICODERM systems for longer than 3 months has not been studied.

CONTRAINDICATIONS

Use of NICODERM systems is contraindicated in patients with hypersensitivity or allergy to nicotine or to any of the components of the therapeutic system.

WARNINGS

Nicotine from any source can be toxic and addictive. Smoking causes lung cancer, heart disease, and emphysema and may adversely affect the fetus and the pregnant woman. For any smoker, with or without concomitant disease or pregnancy, the risk of nicotine replacement in a smoking-cessation program should be weighed against the hazard of continued smoking while using NICODERM systems and the likelihood of achieving cessation of smoking without nicotine replacement.

Pregnancy Warning

Tobacco smoke, which has been shown to be harmful to the fetus, contains nicotine, hydrogen cyanide, and carbon monoxide. Nicotine has been shown in animal studies to cause fetal harm. It is therefore presumed that NICODERM systems can cause fetal harm when administered to a pregnant woman. The effect of nicotine delivery by NICODERM systems has not been examined in pregnancy (see PRECAUTIONS).

Therefore pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches. If NICODERM systems are used during pregnancy, or if the patient becomes pregnant while using NICODERM systems, the patient should be apprised of the potential hazard to the fetus.

Safety Note Concerning Children

The amounts of nicotine that are tolerated by adult smokers can produce symptoms of poisoning and could prove fatal if the NICODERM system is applied or ingested by children or pets. Used 21 mg/day systems contain about 73% (83 mg) of their initial drug content. Therefore, patients should be cautioned to keep both the used and unused NICODERM systems out of the reach of children and pets.

PRECAUTIONS

The patient should be urged to stop smoking completely when initiating NICODERM therapy (see DOSAGE AND ADMINISTRATION). Patients should be informed that if they continue to smoke while using NICODERM systems, they may experience adverse effects due to peak nicotine levels higher than those experienced from smoking alone. If there is a clinically significant increase in cardiovascular or other effects attributable to nicotine, the NICODERM dose should be reduced or NICODERM treatment discontinued (see WARNINGS). Physicians should anticipate that concomitant medications may need dosage adjustment (see Drug Interactions).

The use of NICODERM systems beyond 3 months by patients who stop smoking should be discouraged, because the chronic consumption of nicotine by any route can be harmful and addicting.

Allergic Reactions

In a 6-week, open-label, dermal irritation and sensitization study of NICODERM systems, 7 of 230 patients exhibited definite erythema at 24 hours after application. Upon rechallenge, 4 patients exhibited mild to moderate contact allergy. Patients with contact sensitization should be cautioned that a serious reaction could occur from exposure to other nicotine-containing products or smoking. In the efficacy trials, erythema following system removal was typically seen in about 14% of patients, some edema in 3%, and dropouts due to skin reactions occurred in 2% of patients.

Patients should be instructed to promptly discontinue the use of NICODERM systems and contact their physicians, if they experience severe or persistent local skin reactions (eg, severe erythema, pruritus, or edema) at the site of application or a generalized skin reaction (eg, urticaria, hives, or generalized rash).

Patients using NICODERM therapy concurrently with other transdermal products may exhibit local reactions at both application sites. Reactions were seen in 2 of 7 patients using concomitant Estraderm® (estradiol transdermal system) in clinical trials. In such patients, use of one or both systems may have to be discontinued.

Skin Disease

NICODERM systems are usually well tolerated by patients with normal skin, but may be irritating for patients with some skin disorders (atopic or eczematous dermatitis).

Cardiovascular or Peripheral Vascular Diseases

The risks of nicotine replacement in patients with certain cardiovascular and peripheral vascular diseases should be weighed against the benefits of including nicotine replacement in a smoking-cessation program for them. Specifically, patients with coronary heart disease (history of myocardial infarction and/or angina pectoris), serious cardiac arrhythmias, or vasospastic diseases (Buerger's disease, Prinzmetal's variant angina) should be carefully screened and evaluated before nicotine replacement is prescribed.

Tachycardia occurring in association with the use of NICODERM therapy was reported occasionally. If serious cardiovascular symptoms occur with [illegible] NICODERM therapy, it should be discontinued.

NICODERM therapy was as well tolerated as placebo in a controlled trial in patients with coronary artery disease (see CLINICAL STUDIES). One patient on NICODERM 21mg/day, two on NICODERM 14 mg/day, and eight on placebo discontinued treatment due to adverse events.

NICODERM therapy did not affect angina frequency or the appearance of arrhythmias on Holter monitoring in these patients

NICODERM therapy generally should not be used in patients during the immediate post-myocardial infarction period, patients with serious arrhythmias, and patients with severe or worsening angina pectoris.

Renal or Hepatic Insufficiency

The pharmacokinetics of nicotine have not been studied in the elderly or in patients with renal or hepatic impairment. However, given that nicotine is extensively metabolized and that its total system clearance is dependent on liver blood flow, some influence of hepatic impairment on drug kinetics (reduced clearance) should be anticipated. Only severe renal impairment would be expected to affect the clearance of nicotine or its metabolites from the circulation (see Pharmacokinetics).

Endocrine Diseases

NICODERM therapy should be used with caution in patients with hyperthyroidism, pheochromocytoma, or insulin-dependent diabetes, since nicotine causes the release of catecholamines by the adrenal medulla.

Peptic Ulcer Disease

Nicotine delays healing in peptic ulcer disease; therefore, NICODERM therapy should be used with caution in patients with active peptic ulcers and only when the benefits of including nicotine replacement in a smoking-cessation program outweigh the risks.

Accelerated Hypertension

Nicotine therapy constitutes a risk factor for development of malignant hypertension in patients with accelerated hypertension; therefore, NICODERM therapy should be used with caution in these patients and only when the benefits of including nicotine replacement in a smoking-cessation program outweigh the risks.

Information for Patient

A patient instruction booklet is included in the package of NICODERM systems dispensed to the patient. The instruction sheet contains important information and instructions on how to properly use and dispose of NICODERM systems. Patients should be encouraged to ask questions of the physician and pharmacist. Patients must be advised to keep both used and unused systems out of the reach of children and pets.

Drug Interactions

Smoking cessation, with or without nicotine replacement, may alter the pharmacokinetics of certain concomitant medications

May Require a Decrease in Dose at Cessation of Smoking	Possible Mechanism
acetaminophen, caffeine, imipramine, oxazepam, pentazocine, propranolol, theophylline	Deinduction of hepatic enzymes on smoking cessation.
insulin	Increase in subcutaneous insulin absorption with smoking cessation.
adrenergic antagonists (eg, prazosin, labetalol)	Decrease in circulating catecholamines with smoking cessation.

May Require an Increase in Dose at Cessation of Smoking	Possible Mechanism
adrenergic agonists (eg, isoproterenol, phenylephrine)	Decrease in circulating catecholamines with smoking cessation.

Carcinogenesis, Mutagenesis, Impairment of Fertility

Nicotine itself does not appear to be a carcinogen in laboratory animals. However, nicotine and its metabolites increased the incidences of tumors in the cheek pouches of hamsters and forestomach of F344 rats, respectively, when given in combination with tumor initiators. One study, which could not be replicated, suggested that cotinine, the primary metabolite of nicotine, may cause lymphoreticular sarcoma in the large intestine in rats.

Nicotine and cotinine were not mutagenic in the Ames *Salmonella* test. Nicotine induced repairable DNA damage in an *E. coli* test system. Nicotine was shown to be genotoxic in a test system using Chinese hamster ovary cells. In rats and rabbits, implantation can be delayed or inhibited by a reduction in DNA synthesis that appears to be caused by nicotine. Studies have shown a decrease in litter size in rats treated with nicotine during gestation.

Pregnancy

Pregnancy Category D (see WARNINGS).

The harmful effects of cigarette smoking on maternal and fetal health are clearly established. These include low birth weight, increased risk of spontaneous abortion, and increased perinatal mortality. The specific effects of NICODERM therapy on fetal development are unknown. Therefore pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches.

Spontaneous abortion during nicotine replacement therapy has been reported; as with smoking, nicotine as a contributing factor cannot be excluded.

NICODERM therapy should be used during pregnancy only if the likelihood of smoking cessation justifies the potential risk of use of nicotine replacement by the patient who may continue to smoke.

Teratogenicity

Animal Studies: Nicotine was shown to produce skeletal abnormalities in the offspring of mice when given doses toxic to the dams (25 mg/kg IP or SC).

Human Studies: Nicotine teratogenicity has not been studied in humans except as a component of cigarette smoke (each cigarette smoked delivers about 1 mg of nicotine). It has not been possible to conclude whether cigarette smoking is teratogenic to humans.

Other Effects

Animal Studies: A nicotine bolus (up to 2 mg/kg) to pregnant rhesus monkeys caused acidosis, hypercarbia, and hypotension (fetal and maternal concentrations were about 20 times those achieved after smoking 1 cigarette in 5 minutes). Fetal breathing movements were reduced in the fetal lamb after intravenous injection of 0.25 mg/kg nicotine to the ewe (equivalent to smoking 1 cigarette every 20 seconds for 5 minutes). Uterine blood flow was reduced about 30% after infusion of 0.1 mg/kg/min nicotine for 20 minutes to pregnant rhesus monkeys (equivalent to smoking about 6 cigarettes every minute for 20 minutes).

Human Experience: Cigarette smoking during pregnancy is associated with [illegible] risk of spontaneous abortion, low birth weight infants, and perinatal mortality. Nicotine and carbon monoxide are considered the most likely mediators of these outcomes. The [illegible] of cigarette smoking on fetal cardiovascular parameters has been studied [illegible]. Cigarettes increased fetal aortic blood flow and heart rate and de[illegible] blood flow and fetal breathing movements. NICO[illegible]RM therapy [illegible] studied in pregnant humans.

Labor and [illegible]livery

The NICODER[illegible] is not [illegible] on labor and delivery. The effects of [illegible] the fetus during labor are unknown.

Nursing Mothers

Caution should be exercised when NICODERM therapy is administered to a nursing woman. The safety of NICODERM therapy in nursing infants has not been examined. Nicotine passes freely into breast milk; the milk to plasma ratio averages 2.9. Nicotine is absorbed orally. An infant has the ability to clear nicotine by hepatic first-pass clearance; however, the efficiency of removal is probably lowest at birth. The nicotine concentrations in milk can be expected to be lower with NICODERM therapy, when used as directed, than with cigarette smoking, as maternal plasma nicotine concentrations are generally reduced with nicotine replacement. The risk of exposure of the infant to nicotine via NICODERM therapy should be weighed against the risks associated with the infant's exposure to nicotine from continued smoking by the mother (passive smoke exposure and contamination of breast milk with other components of tobacco smoke) and from NICODERM therapy alone or in combination with continued smoking.

Pediatric Use

NICODERM therapy is not recommended for use in children, because the safety and effectiveness of NICODERM therapy in children and adolescents who smoke have not been evaluated.

Geriatric Use

Fifty-six patients over the age of 60 participated in clinical trials of NICODERM therapy. NICODERM therapy appeared to be as effective in this age group as in younger smokers. However, asthenia, various body aches, and dizziness occurred slightly more often in patients over 60 years of age.

ADVERSE REACTIONS

Assessment of adverse events in the 1,131 patients who participated in controlled clinical trials is complicated by the occurrence of GI and CNS effects of nicotine withdrawal as well as nicotine excess. The actual incidences of both are confounded by concurrent smoking by many of the patients. When reporting adverse events during the trials, the investigators did not attempt to identify the cause of the symptom.

Topical Adverse Events

The most common adverse event associated with topical nicotine is a short [illegible] erythema, pruritus, and/or burning at the application site, which was seen at least once in 47% of patients on the NICODERM system in the clinical trials. Local erythema after system removal was noted at least once in 14% of patients and local edema in 3%. Erythema generally resolved within 24 hours. Cutaneous hypersensitivity (contact sensitization) occurred in 2% of patients on NICODERM systems (see PRECAUTIONS, Allergic Reactions).

Probably Causally Related

The following adverse events were reported more frequently in NICODERM-treated patients than in placebo-treated patients or exhibited a dose response in clinical trials.

Digestive System: Diarrhea*, dyspepsia*
Mouth/Tooth Disorders: Dry mouth†
Musculoskeletal System: Arthralgia†, myalgia*
Nervous System: Abnormal dreams*, insomnia (23%), nervousness*
Skin and Appendages: Sweating†

Frequencies for 21 mg/day system
* Reported in 3% to 9% of patients
† Reported in 1% to 3% of patients
Unmarked if reported in <1% of patients

Causal Relationship UNKNOWN

Adverse events reported in NICODERM- and placebo-treated patients at the same frequency in clinical trials are listed below. The clinical significance of the association between NICODERM systems and these events is unknown, but they are reported as alerting information for the clinician.

Body as a Whole: Asthenia*, back pain*, chest pain†, pain*
Digestive System: Abdominal pain†, constipation*, nausea*, vomiting†
Nervous System: Dizziness*, headache (29%), paresthesia†
Respiratory System: Cough increased*, pharyngitis*, sinusitis†
Skin and Appendages: Rash*
Special Senses: Taste perversion*
Urogenital System: Dysmenorrhea*

Frequencies for 21 mg/day systems
* Reported in 3% to 9% of patients
† Reported in 1% to 3% of patients
Unmarked if reported in <1% of patients

DRUG ABUSE AND DEPENDENCE/TREATMENT OF OVERDOSE

For further information, please see Full Prescribing Information

Manufactured by
ALZA Corporation
Palo Alto, CA 94304 for
Marion Merrell Dow Inc.
Kansas City, MO 64114

Prescribing Information as of January 1992

nidb0192c

MARION MERRELL DOW INC.
PRESCRIPTION PRODUCTS DIVISION
KANSAS CITY, MO 64114

QUALITY ON PARADE

1993 - The 10th Anniversary - 1993

MARCH IS NATIONAL FROZEN FOOD MONTH

WINTER HARVEST SWEEPSTAKES



This March, over $200,000 in prizes and money-saving offers can be won in the bountiful "Winter Harvest" Sweepstakes. All you have to do is clip the name of your favorite frozen food brand shown here, appearing in your grocers' newspaper ads, flyers or circulars. Then attach it to an official entry form and mail it in for your big chance to win!

You know that these frozen food brands are among the finest you can buy. They're your family's ticket to quality, flavor and convenience. Now they can be your ticket to a once-in-a-lifetime Caribbean cruise too! Enter today, to join the "Winter Harvest!"

A Bumper Crop of Super Prizes and Money-Saving Offers

1 GRAND PRIZE FAMILY CARIBBEAN CRUISE. The 6-day, 7-night trip includes air transportation to port city, cruise accommodations, meals, plus $5,000 in cash to make this your most memorable vacation ever.

50 FIRST PRIZES KENMORE 14 CUBIC FOOT UPRIGHT FREEZER. A freezer will be awarded to one winner in each state from which entries are received.

25 SECOND PRIZES GENERAL ELECTRIC KITCHEN-MODEL COLOR TV.

2,000 THIRD PRIZES PENGUIN SOFT SIDED COOLER.

Plus 20,000 sweepstakes entrants will receive a valuable bonus pack featuring money-saving offers from select participating brands.

A FREEZER WINNER IN EVERY STATE!

Kenmore®
America's #1 Selling Freezer Brand
Available Only At
SEARS Brand Central

OFFICIAL "WINTER HARVEST" SWEEPSTAKES RULES. NO PURCHASE NECESSARY

TO ENTER: Complete official entry form, or print your name and complete address on a 3" X 5" card. Cut and attach one brand name from any of the participating brand names shown here, featured in your local grocers' National Frozen Food Month advertisements. You may write the words, "Winter Harvest" if you cannot find an advertisement. Mail to: Winter Harvest Sweepstakes, P.O. Box 1006, Grand Rapids, MN 55730-1006. Enter as often as you like. Only one entry per envelope. Entries must be received by 4/17/93. No mechanical reproductions accepted. Not responsible for late, lost, misdirected, or postage due entries. Odds of winning based on number of entries received. Winners selected at random on or about May 3, 1993 by Marden-Kane, Inc., whose decisions are final. PRIZES: (1) Grand Prize: A 6-day/7-night Family Caribbean Cruise for 4 persons. Includes round-trip coach class air transportation from the major airport nearest the winner's home to port city, cruise accommodations, meals, plus $5,000 cash. Estimated value of vacation package, $10,000. Trip must be taken by April 1, 1994. Cruise departure is based on availability at time of reservation. Certain blackout dates apply. (50) First Prizes: A Kenmore 14 cubic foot upright freezer (Model #23411, white) will be awarded to one winner in each state from which entries are received. Retail value, $399.99 each prize. (25) Second Prizes: A General Electric Kitchen Model Color Television. Retail value, $360 each prize. (2,000) Third Prizes: A Penguin Cooler. Retail value $7.95 each prize. (20,000) Bonus Packs: A bonus pack featuring money-saving offers from select participating national brands. Approximate value, $7.50 each. Winners will be notified by mail. Open to all U.S. residents, except employees and families of sponsoring companies, and anyone associated with this sweepstakes. For a complete copy of official rules, send a stamped, self-addressed envelope to (VT & WA residents may omit return postage): Winter Harvest Rules, P.O. Box 661, Sayreville, NJ 08871-0661. For a list of major winners available after 5/3/93, send a stamped, self-addressed envelope to: Winter Harvest Winners, P.O. Box 709, Sayreville, NJ 08871-0709. Void where prohibited.

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NATIONAL FROZEN FOOD MONTH

"Winter Harvest" Sweepstakes Official Entry Form

It's easy to enter. See rules for details, then complete this form, tape the name of any participating brand appearing in your grocer's ad to this form and mail it to:

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Entries must be received by April 17, 1993

1 9 9 3

KITCHEN of the YEAR

BY TOM JACKSON

If you normally associate kitchens with drudgery, here's our solution—break out of the box and get into the swing of a kitchen with curve appeal. It's time to loosen up, have some fun, and go with the flow.

Our editors teamed up with Frigidaire Company and architect Duo Dickinson to build a kitchen that features a brand-new line of appliances, loads of earth-friendly products and ideas, and a double-dip delight of swirling spaces that embrace the whole family.

How do you make a kitchen fun? We mixed in a random pattern of tiles to loosen up the large expanse of flooring, varied the countertop heights to suit both adults and children, built in a window-side garden to grow fresh herbs, and carved curved walls into a square space to open up wide horizontal ledges for artwork, houseplants, playthings, and collectibles.

Creating a kitchen without square lines takes not only craftsmanship, but



Subtly rounded edges on all the appliances form the starting point for the curves in the architecture. A floor-to-ceiling storage wall eliminates the need for view-blocking upper cabinets and opens up at the stove to unveil a stunningly curved window wall.

Kitchen design: Architect, Duo Dickinson; Frigidaire Company Design Center, Robin Edman, John Ayotte.
Photographs: William Hopkins Jr.
Photo styling: Melanie Parks

Win these appliances! See page 92.


See this innovative
kitchen on ABC-TV's
"HOME Show"
Tuesday, March 2



innovative products as well. Countertops made from solid-surface Corian wrap around the back and side of the refrigerator, shoot past both sinks, and zoom up to the wall ovens. Likewise, the curved glass and curved sashes in these Marvin windows allow the back walls of the kitchen to flow together in two seamless arcs.

Even the cabinets—curved maple fronts with a whitewash finish and stainless-steel pulls—move around the room in an unbroken sweep.



With two sinks, two cooks can work side by side. The elevated dishwasher eases back strain, and the raised family room lets kids see eye to eye with adults.

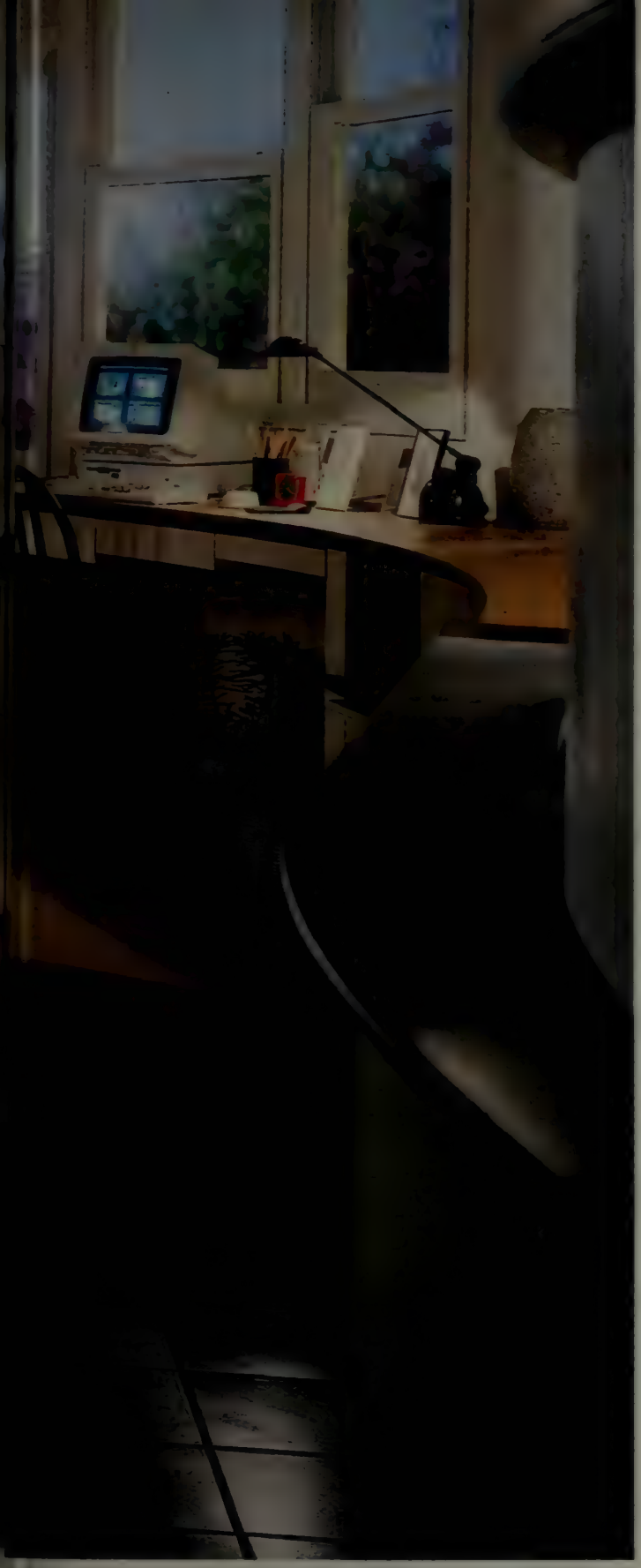
Stainless steel routed into the Corian countertop around the cooking area creates a scorch-proof surface.

Appliances: Frigidaire UltraStyle
Countertops: Corian
Windows: Marvin Windows
Floor: American Olean Tile Co.
Sink and faucet: Franke Inc.



Counters and tabletop: Corian
Windows: Marvin Windows
Floor: American Olean Tile Co.
Fireplace: Superior
Computer: IBM PS/1

Bumped up higher than the working side of the kitchen, the family room gives kids a chance to see eye to eye with parents. The absence of upper cabinets allows for unimpeded views back into the working side. Along the back wall, stair-stepped cushions provide multilevel seating. For homework, paying bills, or writing novels, a computer station stands ready at the back wall. A pass-through on the right side of the desk allows the telephone to be used from either side of the room. On both sides





Come on in. There's room to sit, visit, eat, or work. And with the wraparound windows, there's also a powerful incentive to just gaze.

Enjoy all the pleasures of a crackling fire without the chores. Our gas-log unit turns on with a switch and never needs cleaning.

of the floor, the tiles draw your eyes forward with a subtle pattern.

The fireplace provides warmth and a flickering light that draws people in. The bookcase to the left of the fireplace sets the mood for the room, announcing that this is a place to relax, reflect, and spend some time.

Despite the unique appearance, there are lots of ideas here you can use if you remodel your kitchen or build a new one. The outside walls are simply two large bay-like window sections flanked by parallel walls. The inside curves create most of the flowing shapes and can be applied to a number of different situations—to smooth the transition from a 30-inch-deep refrigerator down to a 24-inch cabinet, to turn a fireplace inward or a bookshelf outward without resorting to perpendicular walls, or simply to wrap a sitting or dining area in a cozy curve conducive to good conversation.



10 A raised teak chopping surface next to the herb garden is easy on your knives and your back.



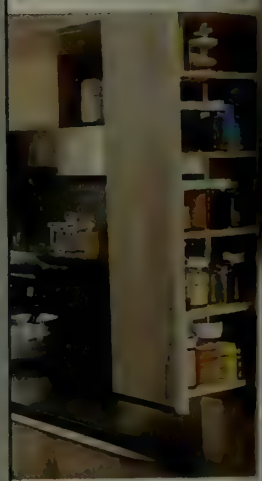
FAMILY SIDE

1. Bookshelves
2. Heat-circulating fireplace
3. Pedestal table
4. Television storage
5. Computer station
6. Double-sided dish storage

COOKING SIDE

7. Microwave/ Refrigerator/ Snack area
8. Elevated dishwasher
9. Deep-bowl sink
10. Prep sink/ Herb garden
11. Cooking station
12. Cookie trays and spice rack
13. Food storage/ Pantry
14. Recycling center

6 Double-sided drawers let you unload the dishwasher from one side and later set the table from the other side.



12 A roomy spice rack next to the stove rolls out for quick access.

PEOPLE-FRIENDLY TIPS

Elevated dishwasher. No need to bend down when you load or unload dishes. We put [illegible] dishwasher a back-saving [illegible] above the floor.

[illegible] microwave combo. [illegible] idea puts a [illegible] and the refrig[illegible] of the kit[illegible]

youngsters can prepare after-school treats easily.

Cooking station. Everything hot centers around the stove. Stainless-steel countertop inserts prevent scorching. For baking, broiling, and roasting, a wall oven and microwave are a step away.

Two sinks. A large sink close to the family room handles cleanup chores. The smaller sink next to the herbs is for food preparation.

Lines of sight. Floor levels step up from the cooking side to the family side to the platform by the computer desk. This helps kids see eye to eye with parents.

continued on page 92

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EARTH-FRIENDLY TIPS

Energy-efficient appliances. To reduce energy use and pollution, all Frigidaire UltraStyle appliances meet or exceed the national 1993 energy-efficiency guidelines. Additionally, the insulating foam in UltraStyle refrigerators uses 50 percent fewer ozone-depleting chlorofluorocarbons than conventional foam.

Plantation-grown teak. For the wood counters, we chose a surface made from plantation teak, which is grown and harvested using sustainable forestry methods. A nontoxic "salad bowl" finish protects the chopping surface from water.

Recycling center. Four recycling bins built into the bottom of the pantry cabinets easily hold a week's worth of recycled goods for the average family. Heavy-duty drawer glides ensure smooth, tilt-free opening and closing even when the bins are fully loaded.



12 Cookie tins and tall objects store neatly in this cabinet just an arm's reach from the oven.

Herb garden. A little bit of the outdoors comes inside with our herb garden. The fresh herbs sit in a metal-lined trough in front of the windows.

Compost bucket. When you open the cabinet doors beneath the prep sink, a compost bucket swings out. The location, next to the teak cutting surface, makes collecting food scraps easy.

Clean-burning heat. The fireplace burns natural gas for maintenance-free heat and less air pollution than wood-burning models.



14 Built into the cabinets, four recycling bins hold a week's worth of goods and roll out smoothly on heavy-duty glides.

Solid plywood. ApplePly, the wood used in our cabinet frames and dividers, offers a hardwood veneer surface and a solid alder core that has low urea-formaldehyde emissions.

If you would like to see our kitchen on television, tune in to the "HOME Show" with hostess Kitty Bartholomew on ABC-TV Tuesday morning, March 2. Check local listings for exact times. BH&G

Buying information, page 125.

Cabinet hardware: Häfele

ENTER THIS CONTEST

WIN NEW APPLIANCES AND HELP HOMELESS FAMILIES

You could have a chance to win a kitchen full of Frigidaire appliances, and help us help America's homeless families! All you have to do is enter this contest. Many prizes are being offered, and your $5 donation will help The Better Homes™ Foundation help homeless families and their children all across America.

HOW TO ENTER

To enter the contest, send a $5 donation and your printed or typed answer, in 75 words or less, to the following question:

If you could invite three people from all of history to dinner to discuss ways to help homeless families, who would they be and why?

The winners will be chosen by editors of *Better Homes and Gardens*® magazine. Entries will be judged on creativity, originality, and clarity of expression. Entries must be postmarked no later than April 15, 1993. Entries must include the $5 donation to qualify for the prizes. Make checks and money orders payable to The Better Homes™ Foundation. Send your entry and a check or money order for $5 to:

KITCHEN OF THE YEAR CONTEST
P.O. Box 10488
Des Moines, IA 50306

PRIZES TO BE AWARDED

FIRST PRIZE:

A 24-cubic-foot side-by-side Frigidaire refrigerator, a Frigidaire UltraPower dishwasher, a Frigidaire freestanding cerama-speed electric range (or a choice of a gas range or wall oven and cooktop), plus a 1,000 watt Frigidaire microwave oven. Retail value: $3,500.

SECOND PRIZE:

Your choice of one of the following Frigidaire UltraStyle appliances: a 24-cubic-foot refrigerator, an electric or gas range, or an UltraPower dishwasher. Retail value: up to $1,500 depending on product selected.

THIRD PRIZE:

Three winners will receive a Frigidaire 1,000 watt microwave oven. Retail value: $250 each.

RUNNER-UP PRIZES:

Fifty winners will receive a *Better Homes and Gardens New Cook Book*. Retail value: $22.95 each.

RESTRICTIONS: Contest is open to residents of the U.S.A. except employees and families, agents, affiliates, or subsidiaries of Meredith Corporation, The Better Homes Foundation™, or Frigidaire. Winners will be selected on or about June 1, 1993. Winners will be notified by mail. Entries must be original and previously unpublished. Subject to all federal, state, and local laws and regulations. Void in AZ, MD, and VT and where prohibited. Applicable taxes are the sole responsibility of the winners. Winners will be required to sign an affidavit of Eligibility and Release. For a list of prize winners, send a separate SASE to: Kitchen Contest Winners, P.O. Box 10488, Des Moines, IA 50306. Entry constitutes permission to use winner's name, likeness or photograph, hometown, and entry for editorial, public relations, promotional, or advertising purposes on behalf of Meredith Corporation or The Better Homes Foundation™. No responsibility is assumed for lost, late, or misdirected mail. Decisions of the judges are final.

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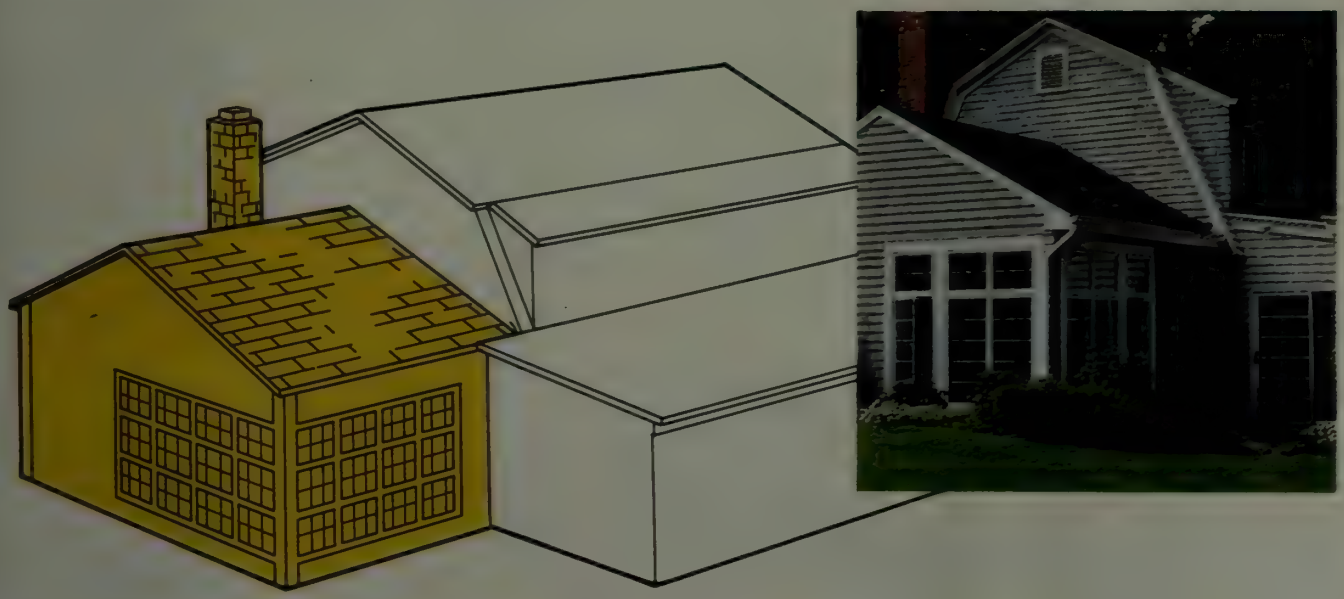

Mess made in Sally Wofford's dining roo
courtesy of her toddler.
Spoon made in America, courtesy of One
ONEIDA
Pattern shown: Sandhur



Adding ON

EXPAND YOUR HOME'S LIVING SPACE BY CRAFTING AN ADDITION WITH THAT ALWAYS-BEEN-THERE APPEAL.

BY STEVEN GREENHUT



Adding ON



ARCHITECT: ROBERT PRINDIVILLE. PHOTOS: JESSIE WALKER ASSOCIATES. REGIONAL EDITOR: JESSIE WALKER



Federal-Style Finesse

An array of subtle design techniques blends this traditionally styled addition effortlessly into the original 1920s house.

Inside, Early American-style furnishings and collectibles create a comfortably simple spirit that merges with the Colonial-era architecture. Outside, a stately gable and a brick patio enhance the old-time ambience.

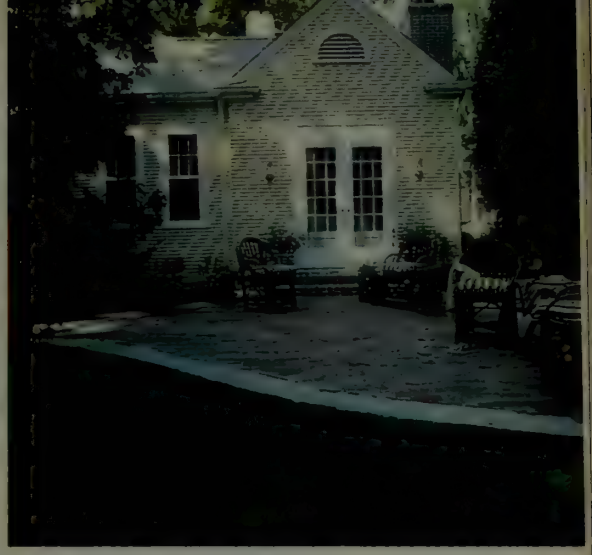
To accommodate a spacious family room, eating nook, and powder room, a foundation with a footprint nearly as large as that of the original house was required. The new 21×21-foot structure "could have dominated the whole property," architect Robert Prindiville says. "So we were careful about the massing of the addition, to make the new space seem smaller than it is."

The L-shaped design visually divides the addition into two distinct sections. Your eye focuses on how each part relates to the other, rather than on how the entire add-on attaches to the home. Limiting the project to one story also kept the structure in scale. The result is a new space indistinguishable from the o





Adding ON



The small niche (photo left) offers a transition from the old house to the addition and provides a display space. French doors that open from the family room give outdoor access with old-fashioned flair.

For the roofline, Prindiville drew inspiration from the gable on the rear-facing dormer. Echoing that shape in the new construction assured a natural transition. The Federal architecture—a Revolutionary War-era style with stately good looks and simple detailing—is an ideal complement to the home's Dutch Colonial leanings. Lap siding, wood trim, and 12-pane windows on the new structure closely match those on the old. For a uniform finish, the original house was scraped to bare wood and repainted at the same time the addition received its first coat.

Inside, "there were a lot of very small touches that gave the house a comfortable atmosphere," Prindiville says. "We followed that through in the new spaces." Such detailing includes traditional ceiling molding and baseboards that encircle the dining and family rooms. Selecting maple flooring in a grade below prime assured plenty of wood grain to blend more easily with the old floors.





Adding ON



ARCHITECT: FRANK MUNZER. PHOTOGRAPHS: BILL STITES. REGIONAL EDITOR: BONNIE MAHARAM



Windows wrapped around two dining room walls offer outdoor atmosphere at the table. Simple lines and matching materials are the keys to this addition's carefully blended charm.

Cape Cod Enchantment

When they added on to their 70-year-old carriage house, Karl and Daryl Neubecker sought to create contemporary flair without detracting from the home's historical appeal.

By masterfully mating the materials, they built a kitchen and dining room extension that melds with the original. Matching cedar shakes, wood trim, and asphalt roofing seamlessly attach to the original structure.

The extension's simple gabled roofline echoes the angle of the rear dormer rather than the gambrel shape that typifies Dutch Colonial design. As a result, the Cape Cod-styled addition is crisp and simple, but still fuses with the original home.

Adding ON



Rather than duplicate the old home's small windows, the Neubeckers opted for an abundance of glass. Six eight-foot-high dining room windows and one smaller kitchen window create sunny and view-filled indoor spaces. Installing grilles that look like the mullions in the old windows kept this feature from disturbing the continuity of the traditionally styled design.

Whether you are cooking, chatting, or eating, your gaze can't help but turn toward the soaring cathedral ceiling. More than an eye-catching architectural element, this upward openness ex-



bands the horizon of an average-sized living space.

In the kitchen, the crisp color scheme, seamless solid-surface counters, built-in appliances, and recessed lighting create the sleek contemporary outlook that the Neubeckers wanted. The center work island serves as the hub of an efficient work triangle that typifies modern-day convenience.

Natural wood floors and framed painted-wood cabinets with glass door fronts that copy the window mullions root this kitchen in the home's old-time traditions. A variety of simple classic touches—Early American furnishings, brass hardware, and an antique-looking dining area light fixture—further mesh the updated design with the home's straightforward colonial charm.

Buying information, page 206.

Additional advice

Add-on alternatives. **Before beginning a major addition, consider all your options. Decide whether finishing the basement or attic, enclosing a porch, rearranging interior walls, or annexing your garage would offer extra living space more inexpensively.**

Invest in good design. **If you decide to add on, be sure to invest in a quality design. A well-integrated addition can improve the attractiveness and value of your home. But one that appears tacked on can decrease your home's worth.**

Choose your approach. **If your house has distinctive architecture, consider imitating its styling. If you want to add a more contemporary addition to an older home, tie the two together by echoing the basic massing, roofline, materials, and detailing. With a bland or featureless home, consider building a stylish addition to create character and excitement.**

It's in the material. **You can match the original exactly or choose complementary or contrasting materials. Whatever route you take, buy new materials of the same quality as the originals. Be sure that trim work, windows, and doors blend with the original details.**

Consider your comfort. **An addition can look as though it has always been there, yet feel added on. Check into upgrading your furnace, air conditioning, and water heater so that new rooms are as comfortable as old ones.** BH&G

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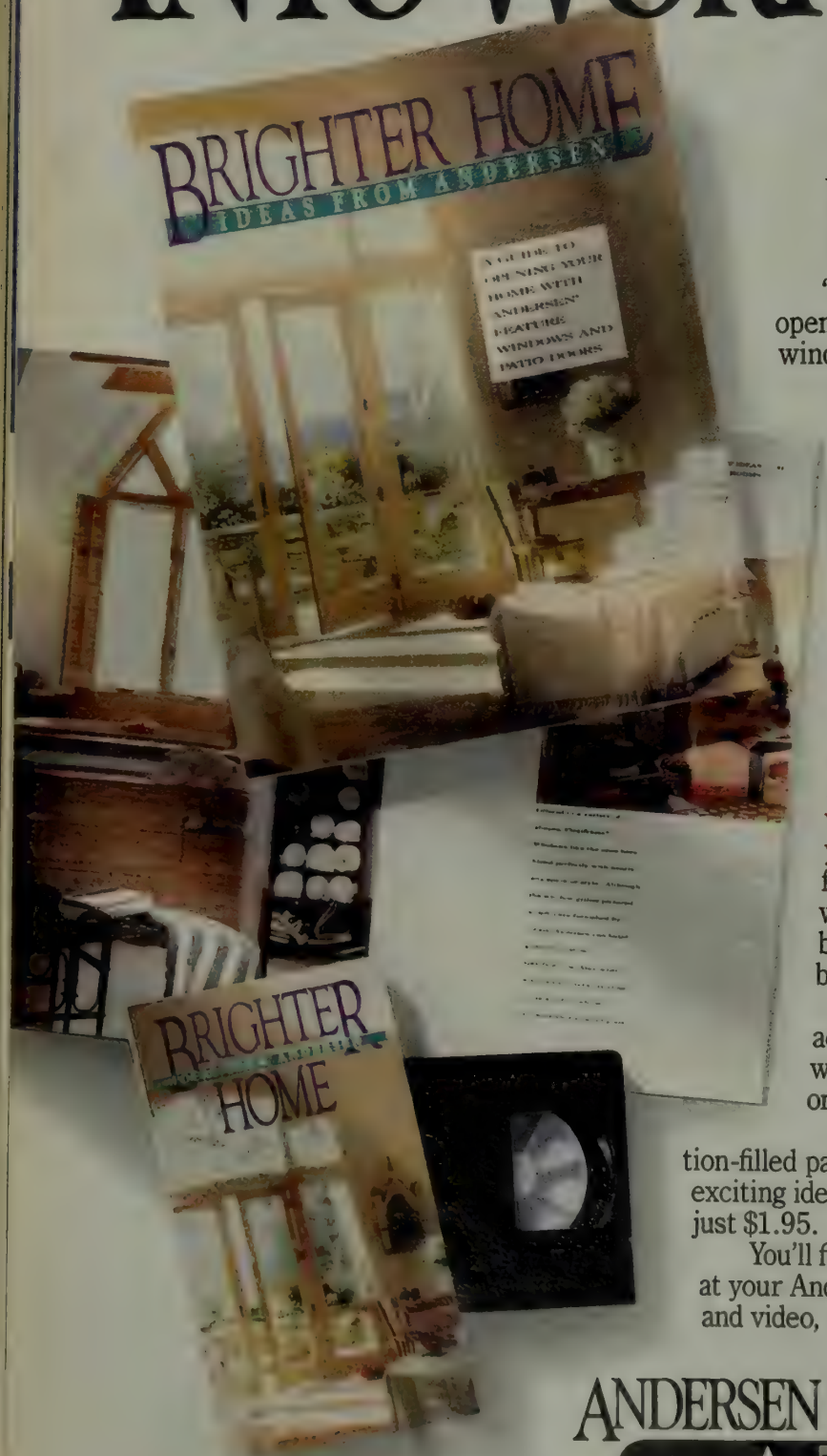
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The great cover-up

sew-simple dressings for windows and chairs

Be your own decorator! A few sew-your-own touches will turn plain spaces into personal places.

BY REBECCA JERDEE AND SANDRA S. SORIA



FROM GRANDMOTHER'S HOUSE WE SEW

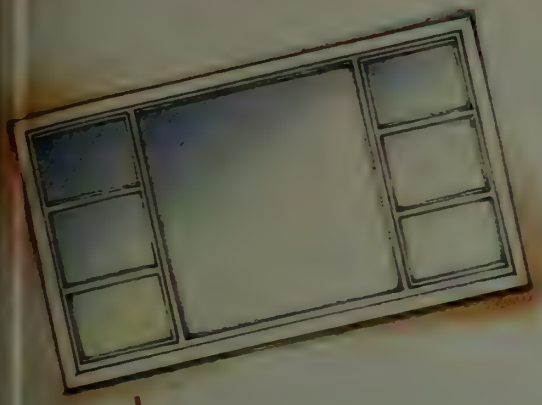
As crisp as Grandma's freshly ironed apron, this tent-flap curtain gives an ordinary double-hung window a charming personality. The big white buttons add a lighthearted touch. Padded covers in mixable Waverly fabric cozy up a classic rocker or adapt to other chairs. All cover-ups shown are part of the latest Better Homes and Gardens® *Designs with Simplicity patterns.* *To order patterns, page 110.*



THE TALK OF THE BAY

Frame a bay window with lush folds of fabric and turn it into the room's centerpiece. The valance's jumbo pleats reveal the summer-fresh plaid fabric that also dresses everyday ladder-backs for dinner.

the great **cover**-up



PICTURE THIS

One cabana-striped Roman shade sails smoothly across three sections of a tough-to-treat picture window. Underneath, three Hunter Douglas shades flexibly filter the sun. Sailcloth covers, anchored with rope-and-grommet ties, ready director's chairs for the seashore or suburbia.





©1993 The Lane Company, Inc.





He promised not t
step on my toes after h
already did . . . *twice* . . . and eventuall
he stopped whispering in my ea
"One two, one two," and by our las
dance he got the hang of it and o
his *fourth* trip to
the punch bowl he
finally offered me a sip.



Cedar Chest 4522 Berryville

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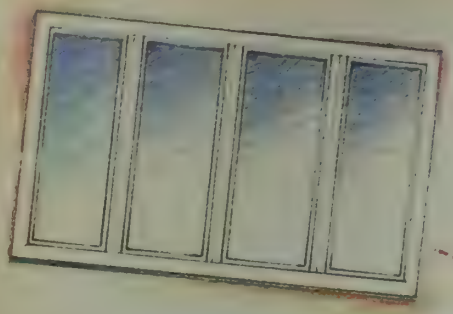


LOOP IT UP

Why dream about a vacation cabin? Get the feeling now with earthy Waverly fabrics and rustic woods. Lashed onto a birch limb with leather laces, side curtains frame a sliding door for easy exiting and dramatic width. Budget outdoor furniture looks great indoors thanks to cozy cushion covers.



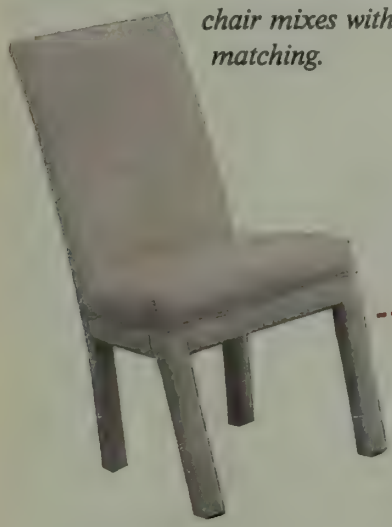
For buying information, see page 206.





VERSATILE STYLE

Commanding curtains make windows toe any line you like. Here, they rescale four casements into a cozier desk spot. Sew extra sashes and use them as belts for quick style changes. For a lively finale, the checked-out chair mixes without matching.



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hat Let Children Explore Their Lives



THE STOCK MARKET—DAVID HUNDLEY

You'd never convince Jeff Peyton of it, but **The Berenstain Bears Go Out for the Team** isn't a self-help book. You see, last year, when his son Zachary was 7, Jeff realized that the boy had a major-league worry—not making the cut for his Richmond, Virginia, Little League team. Jeff med Zach's fears by reading him Stan and Berenstain's charming storybook about ng out.

"The book really helped Zach work through his pre-tryout jitters," Jeff says. "As we counted down days to tryout time, he picked up that book again and again."

Zach made the team and had a fun season. And the experience sold Jeff on a practice that experts in reading and child development have long recommended—using books to help children over some of the bumps in their lives.

"Books provide children and adults with road maps for exploring experiences, feelings and ideas," says Lawrence Balter, a child psychologist at New York University. Dr. Balter wrote a series called **The Stepping Stone Stories** (Barron's, 1989-91) to help kids deal with issues like illness and loss. "Books aren't the end-all solution to helping children

Continued on page A10



THE STOCK MARKET—ROY MORSCH

LIFE IS A STORY

How can we help our kids develop strong character? We asked William Kilpatrick, a Boston College fessor and the author of **Why Johnny Can't Tell Right from Wrong** (Simon & Schuster, 1992).

Q: You want more parents to use stories to promote traits such as honesty, charity, courage and self- trol. Why?

A: Character-building is mainly a matter of forming good habits. Stories and histories can help your ld do that because they provide good examples and inspiration. A good story says to us, in a very subtle

tinued on page A2

WIN $1,000 FOR YOUR LOCAL SCHOOL LIBRARY



Visit your local Chrysler-Plymouth, Dodge or Jeep-Eagle dealer and you'll qualify for a free video—*Learn at Every Turn*. And that's not all. Any school you designate has a chance of winning $1,000. See page A11 for details.

Dear Parent:

When was the last time you thanked a book?

Can't remember? Well, that's not something we do every day at Chrysler Corporation either.

But we ought to. Like any successful business, we owe our existence to books. Books fuel our workers' imaginations, inspiring the innovations that keep Chrysler Corporation riding the crest of our industry.

Yet without customers the Chrysler quality wouldn't count for much. That's another reason we're grateful to books. Our customers' reading skills enable them to earn enough to buy our products.

This special section is our way of saying thanks to books. It's the second of three created as part of the *Chrysler Learning Connection,* a major effort to strengthen school-home links. The program also consists of a free video and booklet for parents and a teaching kit for use in elementary schools.

Two first-rate education groups worked hard to make the program happen: the American Federation of Teachers (AFT) and the Association for Supervision and Curriculum Development (ASCD).

Together we hope to convince you to thank books—for giving you and your child hours of shared pleasure and a lifetime of special memories.

Robert J. Eaton
Chairman,
Chief Executive Officer
Chrysler Corporation

LIFE IS A STORY

continued from page A1

way, "Act like this. Don't act like that."

Using stories this way isn't new. In earlier times people realized that worthy models are not evenly distributed among the population. So they turned to stories. To a large extent the moral education of the Greeks and Romans came from hearing epics such as the **Iliad,** the **Odyssey** and the **Aeneid.**

Q: What advantage do stories have over, say, sermons or lectures?

A: Emotional impact. Stories can help create an emotional attachment to goodness, a desire to be good. Also, we tend to interpret our lives as stories, and rightly so. Life is a story. The stories we read or hear help us find a plot and a purpose to our lives.

Q: What's your idea of a great character-building book?

A: I describe dozens in my new book. One of my favorites is the fairy tale **Beauty and the Beast** (Clarion, 1989), which s lot about the true nature of love and commitment. **The Little Match Girl,** b Hans Christian Andersen (Putnam, 199 gives young children a rare insight into tragedy of poverty. Anyone age 8 to 80 enjoy C.S. Lewis' seven-book series, **Th Chronicles of Narnia.** It's about a gro children who struggle with their own internal weaknesses and temptations to pettiness and meanness and even treac These are great stories that really hook imagination. They teach your child important lessons without being preach

SELF-HELP FOR TEENS

Teenage Stress and **Teen Skin from ad to Toe** probably aren't on your must-d list. **Straight Talk About Parents** and **Six-Pack and a Fake I.D.: Teens Look the Drinking Question** probably aren't ner.

Yet, if you were 12 to 18 years old, nces are these titles would draw you like a lior to a prom. They're part of one of ay's hottest publishing categories—nage self-help.

"The best ones help kids ke decisions," says Stephanie rin, a specialist in books for uth and an editor at the erican Library Association's *ok/ist* magazine. "And they're . They make it plain that a ok can't solve all of a kid's oblems."

Zvirin knows these books l. She reviews over 200 of her book picks in **The Best rs of Their Lives: A source Guide for Teenagers Crisis** (American Library sociation, 1992). Among her favorite literary choices for teenagers:



TONY STONE WORLDWIDE—DON SMETZER

•**Safe, Strong, and Streetwise,** by Helen Bendedict (Joy Street Books/Little, Brown, 1987). Plain talk on sexual assault from a rape crisis counselor.

•**Social Savvy,** by Judith Re and Meg F. Schneider (Summit, 1991). How to use manners as a foundation for confidence.

•**The What's Happening to My Body? Book for Girls,** by Lynda and Area Madaras (Newmarket, 1988). One of two books on puberty (the other is for boys) by Lynda Madaras, an experienced sex-education teacher.

•**What Do I Do Now? Talking About Teenage Pregnancy,** by Susan Kuklin (Putnam, 1991). "More than enough to cause teens to think twice before putting themselves at risk for parenthood," Zvirin says.

•**Beating the Odds: Stories of Unexpected Achievers,** by Jane Bode (Watts, 1991). Upbeat and inspirational profiles of 11 young adults who have overcome great obstacles in their lives.

PARENTS Speak Out

What's the single most important skill children can learn? About 44 percent of all parents say it's reading—twice the proportion that puts math first. But in interviews last spring, nearly nine out of 10 teachers called reading the crucial skill!

This surprising split is revealed in the **American Federation of Teachers-Chrysler Report on Kids, Parents and Reading,** a nationwide study conducted by Peter D. Hart Research Associates. The researchers found teachers quick to praise parents who read to and with their children throughout the school years. "Kids who come from families that read tend to be the better readers," explained a sixth-grade teacher from New Mexico.

To help more parents make reading a focus of family life, Chrysler Corporation is offering a free video and booklet designed to suggest ways to enrich home learning environments. Both describe dozens of ways you can help your child develop a lifelong love of reading. See page A11 for details.



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Life 101: A Readin

Use books like these to inspire face-to-face chats on childhood problems and fears.



CELEBRATING FRIENDSHIPS

•**Newf,** by Marie Killilea (Philomel, 1992). Ages 5–10. A huge Newfoundland dog and a tiny kitten develop a rewarding relationship.

•**Wilfrid Gordon McDonald Partridge,** by Mem Fox (Kane/Miller, 1985). Ages 5 and up. A young boy's friendship with an elderly woman is a lesson in the joy of giving.

•**The Sugar-Gum Tree,** by Patricia Wrightson (Viking, 1992). Ages 7–11. Conflict is unavoidable—even, as here, between best buddies.

•**The Son of Someone Famous,** by M.E. Kerr (Harper, 1974). Ages 11–14. Two outsiders develop a special caring for each other.

•**Always and Forever Friends,** by Carole Adler (Ticknor, 1988). Ages 10–13. Wendy's efforts to create a friendship with Honor, an African-American, are met with suspicion and fear.



Brothers and Sisters

•**Little Sister for Sale,** by Morse Hamilton (Cobblehill, 1992). Ages 4-8. Kate discovers that being a big sister isn't so bad after all.

•**Don't Touch My Room,** by Patricia Lakin (Little, Brown, 1985). Ages 4-6. Aaron makes room in his heart for baby brother.

•**How Do I Feel?** by Norma Simon (Whitman, 1970). Ages 8-13. A boy has a hard time dealing with a twin and an older brother.

•**I'm Telling! Kids Talk About Brothers and Sisters,** by Eric Arnold and Jeffrey Loeb (Little, Brown, 1987). Ages 8-11. Touching, funny anecdotes about siblings.

•**What My Sister Remembered,** by Marilyn Sachs (Dutton, 1992). Ages 9-13. Two orphaned sisters meet after eight years and must deal with a terrible secret.

•**And You Give Me a Pain, Elaine,** by Stella Pevsner (Houghton, 1978). Ages 10-12. After her mother dies, Andrea must work extra hard to get along with her older sister.



DEALING WITH SPEC CHALLENGES

•**Josh: A Boy with D lexia,** by Caroline Jan (Waterfront, 1988). A A learning-disabled fi grader braves a storm help for an injured fri

•**Welcome Home, Jellybean,** by Marlen Shyer (Macmillan, 19 Ages 9-13. Neil's olde coming home after sp most of her life in an institution for mentall handicapped children Betsy Byars' award-w **The Summer of the** (Viking, 1970).

•**The Man Who Lov Clowns,** by June Rae (Putnam, 1992). Ages friend helps Delrita s her beloved uncle's D syndrome is nothing ashamed of.

•**The Snow Goose,** Gallico (Random Hou 1992). All ages. A res classic about a painte disability who rescue War II soldier.

•**Barry's Sister,** by Metzger (Macmillan. Ages 10 and up. Elle to live with and love with cerebral palsy.

Living with Illness and Loss



•**Luke Has Asthma, Too,** by Alison Rogers (Waterfront, 1987). Ages 3-7. An upbeat story about a boy's experience with an illness that affects one of every 20 children.

•**A Time for Rem bering,** by Chuck Thurman (Simon and Schuster, 1989). Ages 7–8. After his grandfather dies, a bo recalls the special times they shared together.

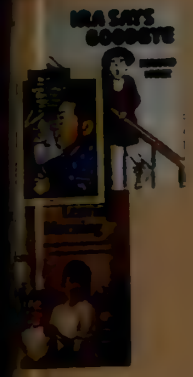
•**A Family Project,** by Sarah Ellis (Macmillan, 1988). Ages 9–12. Jessica and her brothers cope with their baby sister's crib death.

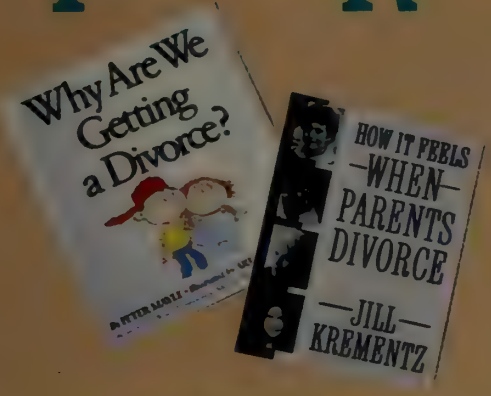
•**Bridge to Terabithia,** by Paterson (Harper, Ages 10–13. A beautifully story about how a boy the sudden death of his friend.

•**Learning to Say Good-by: When a Parent Dies,** by Eda LeShan (Macmillan, 1976). Ages 7 and up. Insight into kids' feelings, plus sympathy and practical advice.

•**My Book for Kids with Cansur,** by Jason Gaes (Houghton Mifflin, 1987). Ages 4-9. A young cancer patient's account of chemotherapy, surgery and remission paints a portrait of courage.

ist For Kids





VING ON

Says Goodbye, by hard Waber (Houghton lin, 1988). Ages 4-7. Ira s his best friend, Reggie, ing to move.

e Leaving Morning, by ela Johnson (Orchard ks, 1992). Ages 5-9. Two ren say good-bye to the e and friends they love.

vin Corbett Eats Flies, Patricia Hermes (HBJ,). Ages 8-11. If Kevin can his dad to fall in love, be they'll stay in one place a while.

Am Susannah, by Libby eson (Holiday, 1989). Ages 4. After her best friend es, Susannah withdraws herself.

Reconfigured Family

•**Upside Down,** by Mary Jane Miller (Viking, 1992). Ages 8-12. When her mom dates the father of two classmates, Sara must find the strength to accept change.

•**Where Do I Belong? A Kid's Guide to Stepfamilies,** by Buff Bradley (Harper, 1982). Ages 8-11. Tips on living in stepfamilies.

•**Why Are We Getting a Divorce?** by Peter Mayle (Harmony, 1988). Ages 8-12. Why parents split up and how children can handle their wide variety of feelings.

•**How It Feels When Parents Divorce,** by Jill Krementz (Knopf, 1984). Ages 9-13. Children talk about living through a divorce.

•**Father Figure,** by Richard Peck (Viking, 1992). Ages 12 and up. When their mother dies, eight years after her divorce, two brothers get the chance to know—and forgive—their father.

The Joys of Adoption

•**The Chosen Baby,** by Valentina Wasson (Harper, 1977). Ages 4-6. A lovely story about what it means to be adopted.

•**We Adopted You, Benjamin Koo,** by Linda Walvoord Girard (Whitman, 1989). Ages 7-10. Korean Benjamin, 9, explains being brought up by parents from another culture.

•**Growing Up Adopted,** by Maxine Rosenberg (Macmillan, 1989). Ages 8 and up. Reassuring and inspiring stories of adoptees from 8 to 48.

•**Being Adopted,** by Maxine Rosenberg (Lothrop, 1984). Ages 8-10. What it's like to be adopted by a family of a different race.

ching Body Safety

MY Body, by Lory nan (Parenting Press, 1983). 4-6. Teaches young children to say no to unwanted hing.

Body Is Private, by Linda oord Girard (Albert man, 1984). Ages 5-10. 's parents teach her how to ect herself from unhealthy nces.

More Secrets for Me, by ee Wachter (Little, Brown,



1983.) Ages 7 and up. Four stories on child abuse show children defending themselves, often with adult help.

•**Hobkin,** by Peni R. Griffin (Macmillan, 1992). Ages 9-12. Two sisters escape from an abusive father and are happily reunited with their mother.

Ask the family who su



Ask Bruce and Paula Cartwright from Cedarburg, Wisconsin, who swerved to avoid a jackknifed semi-trailer. And ran right into a concrete abutment in their '91 Dodge Caravan.

"Crashes stay with you a long time.

"But the airbag deployed. The seat belts all held. And we walked away with only a couple bumps and a few bruises.

"The sheriff said we were in the perfect car for this type of accident."

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BOOKS AS ROA

THAT LET CHILDREN EXPLO

Continued from page A1

cope with childhood challenges," he says. "But they do provide parents with an excellent place to begin learning and talking about issues with their children."

Maureen Cuddigan, a children's librarian in Burnsville, Minnesota, agrees. "When parents discuss books with their youngsters," she says, "children become better and better at defining their feelings and being able to master their experiences."

To make those discussions more frequent, Dr. Balter advises sharing a wide assortment of books with your child. That way you make it more likely that he will connect with issues that are personally important to him. "Parents can't possibly know or anticipate each and every issue that concerns their children," Dr. Balter says.



TONY STONE WORLDWIDE—BILL BACHMANN

How might books help your child grow? For ideas, scan the book lists on pages A6 and A7. Also, browse the stacks of your school or public library, where books that matter are plentiful and cost nothing to borrow. And soon you'll be collecting success stories like these:

•In Sea Cliff, New York, Eric Carle's **The Very Hungry Caterpillar** (Putnam, 1981) inspired a dinnertime game that put an end to picky eating at Jane McGilloway's house. At mealtimes she magically transforms her four girls into "kidderpillars." They love pretending to be human counterparts of the book's famished title character, who eats his way through his life cycle to emerge as a butterfly.

"My children love the book and the game," McGilloway says. "Since I hit on this idea, getting my kids to nibble new foods has become, well, child's play!"

•At the George Bush Elementary School in Midland, Texas, Beverly Crosson enlists the aid of Janice L. Smith's **The Monster in the Third Dresser Drawer** (Harper Collins, 1981) to help her first-graders come to grips with tensions over sibling rivalry. "It's an e... read chapter book," Crosson says. "It ... focuses on the daily trials and tribulat... a boy named Adam Joshua."

The kids are all ears at the arriv... Joshua's baby sister. "... reading," Crosson say... kids are always eager ... share their sibling sag... from home."

•At the Newman ... School in New Orlean... Louisiana, teachers Ro... Bilbe and Naomi Korr... have found Nancy Car... **Arnie and the New ...** (Viking, 1990) as a gre... antidote to their kindergarteners' discomfort about pe... with disabilities. "When we knew tha... student's wheelchair-bound grandmo... was coming to visit, we got ready by ...



Arnie and the New Kid," Bilbe rec... (The "new kid" also gets about in a wheelchair.)

"By the time our visitor arrived ...

IS THIS BOOK O.K. FOR YOUR CHILD?

If you need help choosing books to prepare your child for life's little knocks, try following this advice from Maureen Cuddigan, coauthor of **Growing Pains—Helping Children Deal with Everyday Problems Through Reading** (American Library Association).

- Ask a librarian or teacher to recommend books on specific issues.
- Make sure the story line supports beliefs and values you approve of.
- Avoid books that talk down to kids or are too preachy.
- Be assured that reading and talking about a problem won't make it worse. Knowledge and understanding help children ... control of their lives.

MAPS

EIR LIVES

ls knew what to expect," Bilbe says. "They ln't stare. Instead, they asked her oughtful questions."

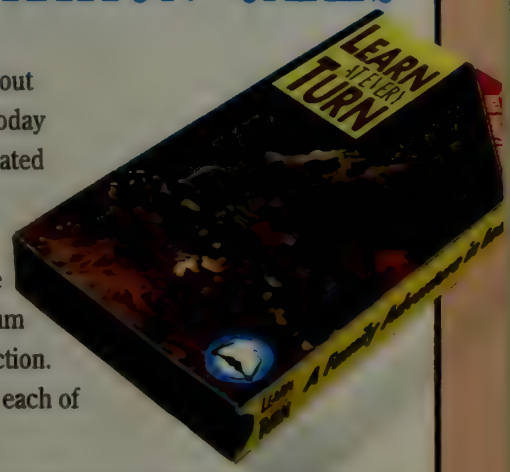
•In Stratford, Connecticut, Kathy ggella found that Robert McCloskey's **One lorning in Maine** (Viking, 1952) was just e thing to calm her 6-year-old daughter, te. In the book, as in Kate's life, someone splaces a little girl's tooth before she can ve it for the Tooth Fairy. "I'm not sure how ch impact this book had on Kate," Kathy mits. "But it helped me feel better. It owed me how to understand Kate's feelings a way she could appreciate."

Librarian Maureen Cuddigan has heard ch stories often. "Books help adults feel rt of their children's world," she says. hey're bridges to understanding. They give ildren and grown-ups the ability to share, rt out and understand feelings and events."

She wouldn't have to work hard to sell t idea to Jeff Peyton and his baseball-loving n, Zachary. They're believers. They've seen w books can help children overcome fficult moments in their lives.

Free Educational Video and Booklet!

CHRYSLER CORPORATION CARES



At Chrysler Corporation, we care about reading because we care about quality. Today the best cars and trucks are built by educated workers—people who love to read.

That's why we teamed up with the American Federation of Teachers and the Association for Supervision and Curriculum Development to bring you this special section. It's also the reason we're giving $1,000 to each of 50 school libraries serving grades 1–8.

Finally, it's why we created an innovative, 30-minute video called **Learn at Every Turn** and a 24-page companion booklet, **Recipes for Reading Success.** Both show you how you can build reading fun into every family activity.

To help your children experience the joys of reading, take advantage of these two exciting opportunities:

1.

1. Enter your favorite school in the Chrysler Library Awards Sweepstakes. Use the card attached to this special section to help your local school library win $1,000.

2.

2. Send for a *FREE* video and booklet. While supplies last, Chrysler is offering every family a free copy of the video *Learn at Every Turn* and the booklet *Recipes for Reading Success.* Fill out and mail the attached postage-paid postcard to get your *free* video and booklet.

weepstakes rules

1. NO PURCHASE OR TEST DRIVE CESSARY.

2. To enter, fill out the Sweepstakes Entry l or, on a regular postcard, print your name address and the name and address of a local lic, private or parochial school teaching any of grades 1 through 8. Mail the Entry Card to *Chrysler Learning Connection*, P.O. Box 5, Clinton, IA 52732-9205. Mail postcard ries to the *Chrysler Learning Connection*, P.O. 540, Clinton, IA 52736.

3. All entries must be postmarked no later n August 1, 1993. No responsibility is assumed for late, lost or misdirected entries. One entry per family. (All U.S. schools that serve students in any grade from 1 through 8 will be automatically entered one time.)

4. The 50 winning schools will be selected in a random drawing from all eligible entries received, under the supervision of Meredith Corporation, whose decisions are final, on or about September 15, 1993.

5. PRIZES: Chrysler Corporation will award $1,000 to each of these 50 schools. These schools will be notified on or about September 15, 1993. Each award will be granted in the name or names of the individual(s) who made the winning nomination and must be used for the purchase of library books. Only one award per school. Odds of winning depend on the number of entries received. Applicable taxes are the sole responsibility of the winner. No transfers or substitutions of prizes.

6. All entries become the property of Chrysler Corporation. Principals of the winning schools will be required to sign an affidavit of eligibility and advertising release, which must be returned within 10 days of receipt of notification, or an alternate winner may be chosen.

7. The schools nominated for the award must operate in the United States. Nominators must be 21 years of age or older. Employees of Chrysler Corporation and Meredith Corporation and the families of each, their affiliated companies, advertising and public relations agencies or judging agency are not eligible to enter. Void where prohibited or restricted by law or taxed. Federal, state and local laws apply.

8. For a list of all 50 award recipients, send a stamped, self-addressed envelope to Chrysler Library Awards Recipients List, P.O. Box 8195, Clinton, IA 52736.



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4 EXPERTS ANSWER YOUR URGENT QUESTIONS ABOUT MONEY

BY MARGARET DALY

How can I get on top of my debts?



MEG GREEN
TV talk show host and financial planner, Florida



NANCY DUNNAN
Author, New York



TOM DAVIS
Financial planner, Minnesota

What can I do about taxes?

How can I earn more on my savings?



SALLY LIVINGSTON
Financial planner, Massachusetts

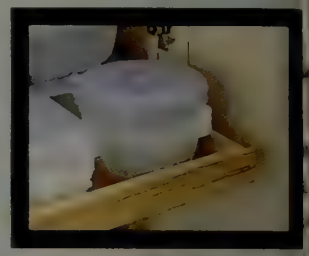
continued on page Z3



THE SAME KIND OF CARE AND LOVE THAT COMES OUT OF YOUR KITCHEN SHOULD GO INTO IT.

Homemade apple pie. It's not the firm, juicy apples that make it special. It's the care and attention to detail that gives everything you make its true flavor. ✥ At Merillat, we think kitchen cabinets can benefit from that kind of care and attention, too. ✥ That's why we hand inspect our wood as carefully as you pick apples from a produce bin. ✥ And why we've invented our WhisperGlide® rubber-ringed rollers. They help your drawers and trays glide smoothly and quietly, and they're standard on most every Merillat cabinet. As are concealed, self-closing hinges, roll-out trays, and adjustable shelves. ✥ We've thought out the details in our new *Kitchen Design & Planning Kit*, too. It has everything from tips on controlling costs to idea starters to templates and graph paper. All for $8. ✥ To get your kit, call 1-800-624-1250, ext. 4354. Or send your check (payable to Merillat Industries) to Kitchen Design & Planning Kit, Dept. 4354, P.O. Box 1946, Adrian, MI 49221. ✥ Or ask for literature and the name of your Merillat dealer. Better yet, ask for everything. You only get out of your kitchen what you put into it.







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How can I earn more on my savings?

There's no escaping it: Most of us find ourselves struggling these days in a sea of economic decisions, with the waters largely uncharted. The economy is still uncertain and scary. Old assumptions about financial security have vanished, but the new rules are foggy at best. Increasingly, major money decisions are being shifted onto our heads, away from employers and government.

To help you navigate, we talked to financial advisers around the country, asking what concerns people most, and what people can do about it. Here are answers from four experts.

Nancy Dunnan has written several personal finance books, including *The Dun & Bradstreet Guide to Your Investments* and *How to Invest $50 to $5,000*. She also writes for various publications and answers financial questions on a public-radio call-in program in New York.

Tom Davis is a financial planner and district manager with IDS Financial Services in Minnesota. He specializes in retirement and post-retirement planning as well as advice for the self-employed and small businesses.

Meg Green, a financial planner, heads her own firm in North Miami Beach, hosts a weekly financial-questions call-in TV show in South Florida, and is author of the videotape *Meg Green's Financial Workout.*

Sally Livingston is a partner in Woods and Livingston Financial Group in Springfield, Massachusetts. An investment specialist at Mass Mutual, she also maintains a private financial planning practice.

"The biggest shock for many people has been the low interest rates that certificates of deposit and other savings are paying," says Tom Davis, a financial planner with IDS in Minnesota. "That's often when clients first come to me. They have a CD maturing, which was paying 8 percent or so. Rolling it over could cut that by more than one-half. They simply don't know what to do."

Nancy Dunnan, a New York financial writer, finds the same concerns from callers to her segment of a weekly talk show on public radio. "We can't duplicate the '80s," she says. "Then you had high returns, with safety. Of course, the lower rates today also mean you don't have the high inflation of a few years ago."

A different world. The point is, we are in a different financial climate now. That requires new strategies for managing your money.

Low inflation is one cause. Despite some people's fears that inflation can soar again—and with it, interest rates—most economists project a yearly inflation average of about 4 percent through the '90s. They also predict some volatility from year to year, which could affect your money decisions along the way. And, four-percent inflation still cuts your purchasing power by a third in ten years, and more than half in 20.

Social and economic changes affect economic decisions: the uncertainties about employment, the increase in dual-income families, the drop in real estate values, the high costs of college, greater longevity for our parents and ourselves, and the increasing options about health-care plans and retirement funds, with more demands for us to make our own decisions.

It all adds up to the need to become more informed and take greater responsibility for financial decisions. "It is important to understand what money can do for you, what its function is," says Meg Green, a financial planner and TV talk-show host in Florida. "Then you can begin to match specific savings and investment vehicles to your specific needs. You'll be protecting yourself too. There are lots of eager financial salespeople out there."

The new financial climate also requires a greater willingness to take on some risk. "Chances are, you'll live 15 or 20 years or more after retirement, and Social Security and pension funds won't provide enough at any stage," says Sally Livingston, a Massachusetts financial planner. "You have to have some part of your money in growth. That generally means stocks or stock mutual funds."

Tom Davis agrees: "You can't just worry about losing principal," he says. "You have to worry about losing purchasing power."

Planning is key. Most experts agree on the

continued on page Z4



"We can't duplicate the '80s—the high returns, with safety."

—NANCY DUNNAN

basic steps for making the most of your money:

- Define your goals. Will you need money for college? Retirement? Immediate income? Minimizing taxes (*page Z5*)? What time frames?
- Get debts under control (*page Z6*).
- Keep three to six months' worth of take-home pay in a liquid account.
- Get adequate insurance. Low-cost term life usually is best for growing families.
- Keep on top of Social Security. Your payments will depend on your earnings records, so check every two or three years to make sure you are credited properly. To check, call *800/772-1213* and ask for Form SSA-7004, "Personal Earnings and Benefits Estimate Statement."
- Use Social Security and pension estimates to figure how much more you'll need for retirement (see *page Z7*, "For More Information").
- Determine your risk-tolerance level. Can you live with the ups and downs of the stock market? Do you understand the trade-off between risk and reward—the higher the potential return, the greater the likely risk?
- Get in the habit of saving and investing regularly. Dollar cost averaging is an excellent method (see chart). So are automatic transfers to savings from your pay or checking account.
- Diversify. Allocate your assets over several kinds of investments to protect yourself against the ups and downs of the economy.
- Review investments periodically, rebalancing asset allocations to match your goals.
- Seek total return (income plus capital appreciation). Reinvest income when you can.



"You don't build large sums of money without saving regularly."

—TOM DAVIS

HOW DOLLAR COST AVERAGING WORKS

Investing the same amount regularly can lower your per-share cost and boost your returns.

Monthly Investment	Price Per Share	Number of Shares Purchased
$100	$10	10.0
$100	8	12.5
$100	5	20.0
$100	7	14.3
$100	9	11.1
$100	10	10.0
$600	$49	77.9

Average share cost ($600 ÷ 77.9) : $7.70.

You save $0.47 per share, compared to the fund's average price. You're ahead $179, even though the fund showed no net gain over the six months.

Source: IDS Financial Services

- Consider mutual funds, matching your goals to their stated purposes. Check expenses carefully (the "SEC yield" factors in all costs), and compare performance over several years.

What would they do with your money? We asked our experts how they would allocate a lump-sum windfall for someone twenty years from retirement, presuming that basic insurance and cash-reserve needs have been covered, debts are under control, and you would review and adjust investments periodically.

Nancy Dunnan: Put 20 percent in blue-chip stocks (selections from the top 5 or 10 of the Dow Jones Industrial Average, or mutual funds); 20 percent in small-capitalization companies, individually or in mutual funds; 30 percent in utility bonds rated BBB or above, currently yielding between 6 and 9 percent; 30 percent in short-term (2 to 4 years) Treasury notes. For high tax-bracket people, she would put a portion of the money into insured municipal bonds or tax-free bond funds (see *page Z5*).

Tom Davis: Invest 5 percent for income (government and corporate bonds, bond mutual funds, and/or annuities); 40 percent for growth and income (dividend-yielding stocks, income-oriented equity mutual funds, and/or variable annuities: see *page Z5*) to provide capital appreciation and current income; 55 percent for growth (stocks of emerging and established companies with earnings growth potential, stock mutual funds, and/or variable annuities) to gain long-term capital appreciation.

Sally Livingston: "Assuming average risk tolerance," she advises putting 75 percent in a conservative growth-and-income mutual fund ("stocks have historically outperformed fixed-income investments"), 15 percent in a municipal bond fund, and 10 percent in a global stock fund, "an area of increasing importance."

Meg Green: "Get as much tax deferral as possible." For a total return of 10 to 12 percent, she recommends a mix of investments within a variable annuity (*page Z5*) or a mix of mutual funds. In either case, she would allocate the funds this way: 10 percent aggressive growth, 15 percent growth, 35 percent growth and income, 25 percent asset allocation, 15 percent international. As you approach retirement, Meg advises that you shift investments more into growth and income and asset allocation.

What can I do about taxes?

"I get that question a lot, especially now, when people are figuring their tax returns for the previous year," Tom Davis reports. "Often they have withheld enough taxes on their salaries, but they are shocked by what they owe on interest and dividend income."

There is not much you can do about 1992, except possibly contribute to an IRA (see *below*). For the future, tax planning makes sense in order to reduce every taxable dollar you can. In the 28-percent bracket, for every $100 you make above the income limits ($36,900 for joint returns, $22,100 for single in 1993), you owe Uncle Sam $28. Add in your state and local taxes, and you face a hefty annual income tax bill. Higher taxes also may take a toll as the new administration's plans fall into place.

In addition to such tax breaks as mortgage interest deduction and child care tax credits, our experts advise you to look closely at a number of savings and investment options:

401(k) retirement plan. When it's available, put in as much as the limits ($8,994 in 1993) and your budget allow. Every dollar you contribute reduces your gross taxable income by the same amount. Your employer also may match some or all of your contributions. All 401(k) earnings are sheltered from taxes until you withdraw them when you retire or leave your job. Even then, you can avoid immediate taxes by rolling the plan over into a special IRA within 60 days. (New rules make this maneuver tricky; check carefully before acting.)

Note: Investment options in 401(k) plans are broadening, and you can change investments more readily. Make all such decisions with an eye toward balancing with your other assets.

Flexible benefit plans. Many employers offer these for medical or child care expenses. As with 401(k) plans, your contributions reduce your taxable salary. Plan carefully: you forfeit dollars you don't use.

IRAs. You can put up to $2,000 into an individual retirement account (IRA), and the earnings are tax-deferred until withdrawal (with penalties before age 59½). You also can deduct your contribution, even if you participate in a company or union plan, provided your gross income falls under $40,000 for couples, $25,000 for singles. Up to $50,000 ($35,000 single), you can take a partial deduction. *Note:* You have until April 15 to make your 1992 contribution.

Variable annuities. Sold by insurance companies, variable annuities include a choice of investments, from aggressive growth to fixed-income, which you can switch about without penalty within the fund. Tax penalties and fees for early withdrawal are steep, however, and management and sales fees can be high. "You can get a 10- to 12-percent total return with tax-sheltered variable annuities," says Meg Green, "but be sure they are with a strong company." Compare investment performances and costs carefully. A good source is the Morningstar report, which tracks mutual funds and annuities; look in your local library. Also check the financial reliability of the issuer, through Moody's and Standard and Poor rating services.

Tax-exempt bonds. Whether individual or in a mutual fund, so-called municipal bonds provide tax-exempt income for your federal return. Stick to top-rated bonds, and Nancy Dunnan suggests you buy only insured bonds, even though yields are slightly lower. Single-state bond funds allow residents to earn income free from state and local taxes, if you want to put all your eggs in one basket. *Note:* Sally Livingston advises you to check the impact of state taxes on investment income with single-state funds.

continued on page Z6

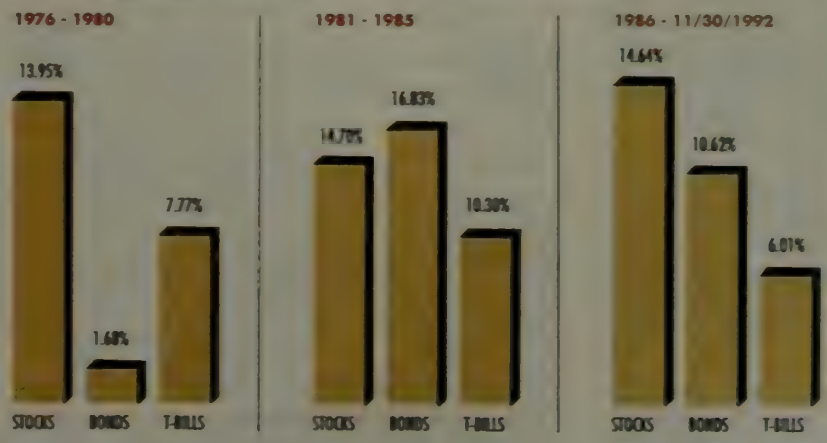


"Don't put all your 401(k) funds into fixed-income investments. You have to go for some growth."

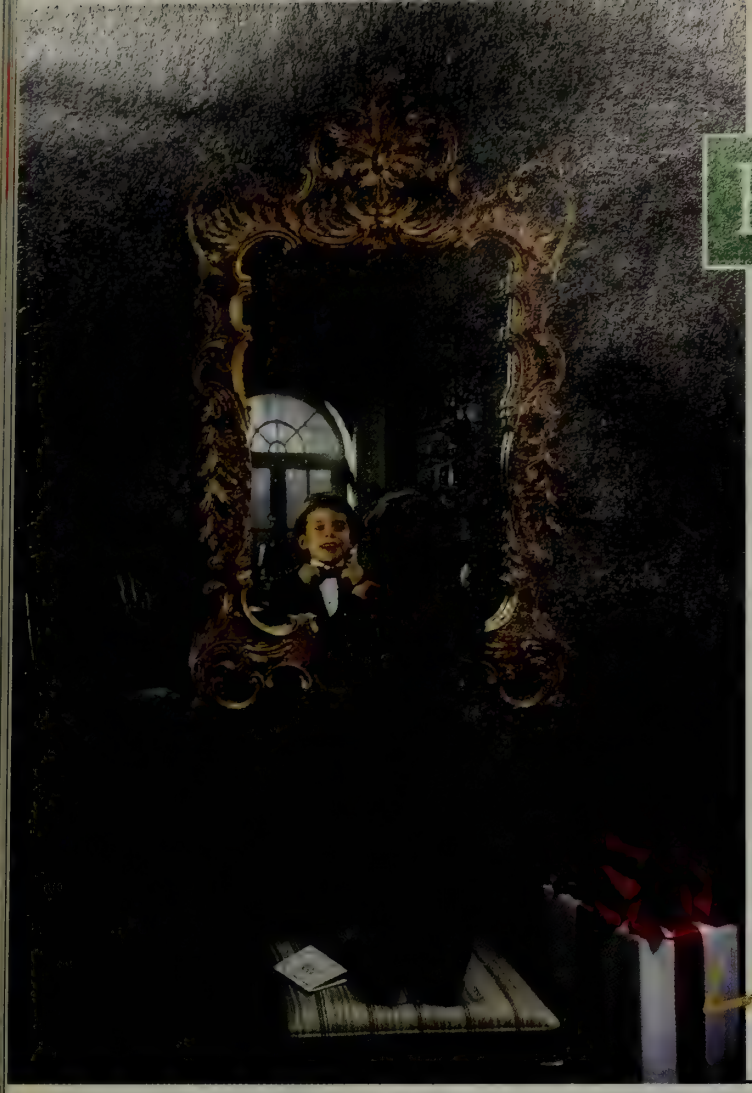
—SALLY LIVINGSTON

INVESTING FOR TOTAL RETURN

Different kinds of investments perform differently over time. Here are the total returns (all interest and capital gains were reinvested) for U.S. stocks, corporate bonds, and Treasury bills during three time periods, from 1976 through November 1992.



Source: Astra



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SPECIAL MONEY SECTION

How can I get on top of my debts?

"Debt is a significant problem for many people," says Sally Livingston. "It doesn't matter how much income they have. We piled up a lot of consumer debt in the '80s, then came hard times, and people can't keep up." Sally's financial planning clients include a number of professionals—married, two incomes, a house, two cars. "They did pretty much what they wanted," she says. "They redecorated, went on lots of vacations, took out home equity loans. Now they are thinking about their kids' college, but they are strapped. Some owe $5,000 or $10,000 on credit cards. At 18 percent interest, that's killing them."

Tracking expenditures. The first thing Sally does is to get clients to set up a budget book. "I tell them to count every penny for two months and to have a lot of discussion about what they are spending. They should also put their credit cards aside. The point is to figure out what you absolutely need, so you can decide how much you can pay out regularly."

Sally finds that one of the biggest budget villains is eating out. "Even at fast-food outlets, that can add up to $200 or $300 a month." Credit reduction is really a form of household management, in her view. "You have to change little things, like going to the library instead of buying books."

For some clients, Sally recommends refinancing their mortgage to help pay off debts. "The problem is, housing values have slipped in some areas. Homeowners may not have enough equity to meet down-payment and closing costs."

Paying off—and saving too. Sally and her clients work out a budget that systematically pays down their debts. She also gets clients to contribute to savings at the same time. "I advise them to stop by the automatic teller every Monday morning and transfer an amount to savings," she says. "It doesn't have to be much, but when they start to see their savings go up as their debts go down, it's a real boost."

Automatic savings are even better, Sally says, like arranging regular transfers from checking to savings, or pay deductions to go to a credit union, or reinvesting mutual fund dividends. "You don't miss it if you don't see it."

Tom Davis also stresses saving regularly and following a budget: "You have to know where your money is going, so you can redirect it to meet your financial goals."

In too deep? You can get expert advice from a local consumer credit council, for little or no fee. They will help you budget and, if necessary, negotiate with creditors to set up a realistic repayment plan. To locate a council in your area, call the National Foundation for Consumer Credit (*800/388-2227*).

How can I learn more about managing my money?

You'll find a lot of resources these days such as financial magazines, newspaper columns, material from financial companies and organizations, seminars, newsletters, computer software, and professional advisers. See "For More Information" on this page for ideas.

Remember, there still is no magic. It takes work to learn what you should, and to stay on top of your finances. If you don't understand what you are doing, you will be vulnerable to the crowded field of experts—some qualified, some not—eager to sell products and services.

"People don't understand the difference between total return and interest, for example," says Meg Green. "Their broker tells them something 'did 14 percent,' and they are thinking interest while the broker is talking total return. You have to know the right questions to ask." She recommends using only a seasoned broker—someone who has gone through some down markets, like the 1987 stock market crisis. "The newer ones are really under pressure to sell," she says. Meg also cautions about motivations. "When someone says there is no sales charge, ask how he or she will make money."

"It's kind of scary," says Tom Davis. "People are moving out of their comfort zone. If they don't understand the risks and they lose some principal, they may liquidate at the wrong time." One way he educates clients is to walk them through investment prospectuses, showing what to look for and what the implications reveal about risk and reward.

Nancy Dunnan stresses doing your own research. "With mutual funds, for example, choose the type you want, then compare several funds' performances and expenses through Morningstar's reports at the library."

Can a financial planner help? A good one will help you define goals and your tolerance for risk. "No matter how much people need to make their money grow, if they are uncomfortable with the risk, they shouldn't take it," says Sally Livingston. Like many planners, she does computer runs with various investment scenarios showing potential risks and returns.

With new clients, Sally, Tom, and Meg—all professionally accredited financial planners—charge an hourly or per-plan fee. The initial meetings generally take two or three hours, for a total cost of from $300 to $500.

The planners will help you analyze your needs in detail, set financial goals, and recommend ways to meet those goals. You are not obligated, but you can buy financial products through them. Ask any planner how he or she will benefit from your choices.

Some planners charge only fees, some get only commissions, some make their money both ways. Before choosing a planner, check credentials and history with your state securities division, the SEC, and the Better Business Bureau.

FOR MORE INFORMATION

- ***T. Rowe Price Retirement Planning Kit*** **(free) or computer software ($15; IBM or IBM-compatible) for long-range planning.** ***T. Rowe Price Retirees Financial Guide*** **(free) for five years or less to retirement and during retirement. 800/541-7885.**
- ***Getting Started with Mutual Funds.*** **Fidelity Investments. Call 800/544-8888 or your local Fidelity Investor Center.**
- **Nancy Dunnan's books, including** ***The Dun & Bradstreet Guide to Your Investments*** **($15) and** ***How to Invest $50 to $5,000*** **($10), both published by HarperCollins: at local bookstores or call 800/242-7737.**
- ***Meg Green's Financial Workout*** **videotape and organizer, $49.95; 800/445-9200.**
- ***National Association of Investors Corporation.*** **Manual about investing and investment clubs: $14. Investing manual, monthly magazine, admission to low-cost investment plan: $32. Magazine: $17/year. Call 313/543-0612 or write NAIC, Dept. BHG, 1515 East Eleven Mile Road, Royal Oak, MI 48067.**
- ***American Association of Individual Investors.*** **Magazine 10 times a year, tax and mutual funds guides, access to seminars, local chapters. $49 yearly membership. 625 North Michigan Avenue, Suite 1900, Dept. BHG, Chicago, IL 60611. 312/280-0170.**
- ***Donoghue's MONEYLETTER.*** **24 issues a year, asset-allocation advice. $127/year; $89/year introductory price. Free sample issue: 800/445-5900, ext. 1.** BH&G



"It is important to understand what money can do for you, what its function is."

—MEG GREEN

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that look as if someone loved and cared for them.

Lighthearted elements lift a room's mood. To create a carefree, romantic attitude, choose airy furniture in brass, wicker, and mellow woods instead of those with dark finishes or chunky shapes that look large and weighty. Link unmatched pieces with similar shapes, such as the round silhouettes and curved corners of the furnishings in this room.

A pattern mix, rather than a perfectly matched set of curtains, table skirt, and comforter, emphasizes the lived-in, evolved look of layered fabrics. Stripes—on the table skirt, sheets, and cushion of the child-size rocking chair—take the place of solids when mixed with patterned fabrics and wall coverings.

A touch of lace on the eyelet dust ruffle and lacy curtains makes an understated appearance in this room. If you'd like to add a delicate touch to your room, consider tossing a few Battenburg lace pillows on the bed, such as these from Kmart for $10 each (*inset below*). Or layer a lacy topper on a bedside table, such as an antique handkerchief or a piece of fabric edged with nostalgic eyelet.

DECORATING

ROMANCE YOUR ROOM

Put your room in a romantic mood by introducing soft, soothing colors and furnishings with charming personalities. There's no need to overdo with flowers and frills if you prefer more subtle overtones.

Old-fashioned finds, such as the antique coverlet, the embroidered pillowcases made from a tablecloth, and a rug crocheted from cotton scraps (*right*), combine to create a cozy atmosphere. You'll bring a warm, heartfelt look to your room when you gather handmade items or older accessories



Layered fabrics, curvy shapes, and an old-fashioned attitude charm this room with a hint of romance. Lace pillows from Kmart will soften your room's mood.

PERRY STRUSE

SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted from the product listing.

BIG HARVEST FROM A SMALL GARDEN

Pages 23–28: Vegetable seeds—W. Atlee Burpee Co., 300 Park Ave., Warminster, PA 18974; Johnny's Selected Seeds, Foss Hill Rd., Albion, ME 04910-9731; Park Seed Co., Cokesbury Rd., Greenwood, SC 29647-0001; Shepherd's Garden Seeds, 6116 Hwy. 9, Felton, CA 95018; Stokes Seeds, Inc., P.O. Box 548, Buffalo, NY 14240-0548.

KITCHEN OF THE YEAR

Pages 84–85: Oven, model FEB756BAB; **Microwave,** model MCT139OP, 1.3 cubic feet; **Range,** model FEF367CAB; **Small microwave,** model MCT890P, 0.8 cubic feet—UltraStyle, Frigidaire Co., 6000 Perimeter Dr., Dublin, OH 43017. **Countertop,** "Sierra Burnt Amber" and "Sierra Garnet"—Du Pont Corian, Solid Surface Products, Du Pont Co., Room G-50990, Wilmington, DE 19898. **Windows,** curved glass single hungs—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763. **Tile floor,** Medley 8x8-inch tiles in "Wedgewood," "Sea Gull," and "Sand"—American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446-0271. **Computer,** PS/1—IBM, One Old Orchard Rd., Armonk, NY 10504; 800/426-2468. **Cabinets,** custom white-washed maple fronts with stainless steel pulls.

Pages 86–87: Refrigerator, model FRF22WTAB; **Dishwasher,** model DW9000AB, **Range,** FEF367CAB, Ultra Style—Frigidaire Co., 6000 Perimeter Dr., Dublin, OH 43017. **Stainless steel fabrication**—Specialty Sheet Metal, 821 Hall Ave., Dayton, OH 45404. **Countertops,** "Sierra Burnt Amber" and "Sierra Garnet"—Du Pont Corian, Solid Surface Products, Du Pont Co., Room G-50990, Wilmington, DE 19898. **Windows**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763. **Tile floor,** Medley 8x8-inch tiles in "Wedgewood," " Sea Gull" and "Sand"—American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446-0271. **Cabinets,** custom whitewashed maple fronts with stainless steel pulls. **Prep sink,** Elements ER110 with FF600 faucet in chrome; **Main sink,** Elements PR110-21 with FF1500 faucet in chrome—Franke, Inc., Kitchen Systems Div., 212 Church Rd., North Wales, PA 19454; 800/626-5771. **Herbs**—Oberer's Flowers, 1504 Troy St., Dayton, OH 45404. **Plants**—Tropical Interiors Inc., 1922 S. Smithville Rd., Kettering, OH 45420.

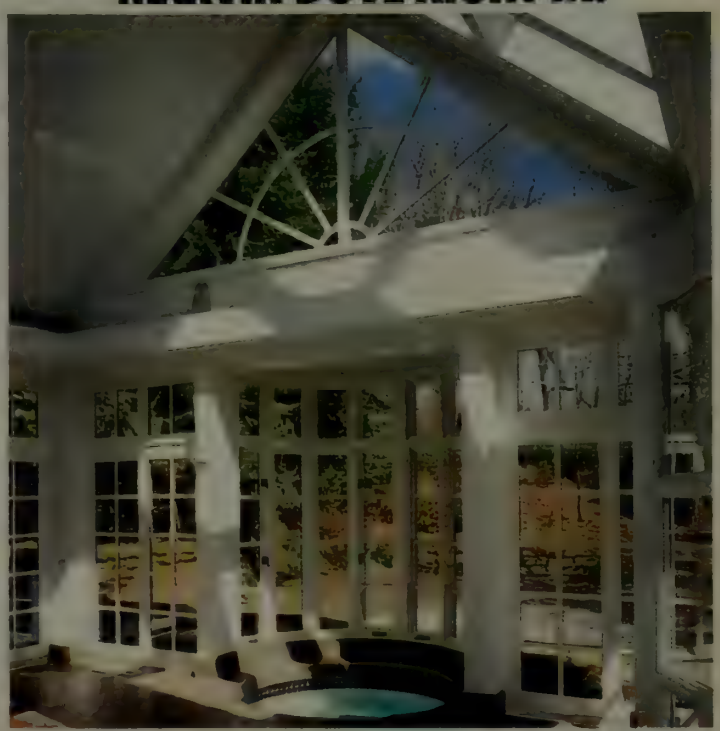
Pages 88–89: Windows—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763. **Tile floor,** Medley 8x8-inch tiles in "Wedgewood," "Sea Gull," and "Sand"—American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446-0271. **Tabletop and countertop,** "Sierra Burnt Amber"—Du Pont Corian, Solid Surface Products, Du Pont Co., Room G-50990, Wilmington, DE 19898. **Fireplace,** GHC 5500—Superior Fireplace Co., 4325 Artesia Avenue, Fullerton, CA 92633. **Fireplace surrounds,** granite—Stone Centers of Ohio, 2823 North Lawn, Dayton, OH 45439. **Computer,** PS/1—IBM, One Old Orchard Rd., Armonk, NY 10504; 800/426-2468.

Pages 90–92: Countertops, "Sierra Burnt Amber"—Du Pont Corian, Solid Surface Products, Du Pont Co., Room G-50990,

continued on page 206

When I said I wanted my indoor pool to seem like it was outdoors, most window manufacturers wouldn't even get their feet wet.

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1993 DECORATING CONTEST

MORE THAN $50,000 IN PRIZES AND MERCHANDISE

Your home could be featured in Better Homes and Gardens® magazine!



Do you have a flair for decorating? Your talents could pay off.

If you've recently completed a decorating project (or if you're planning one), you could win prizes and merchandise in our 1993 Decorating Contest. Whether your project is large-scale or small, elaborate or simple, we want to see what you can do. We'll even feature some of the winners in upcoming issues of *Better Homes and Gardens®* magazine.

Once again, the Home Furnishings Council, which is an association of home furnishings manufacturers, suppliers, and retailers, has joined us to sponsor this contest. The reason? They believe, as we do, that it can be easy and fulfilling to create an attractive, comfortably furnished home.

The Home Furnishings Council wants to help you with your decorating project. Just call their DECORATING HOTLINE 1-800-999-8688 between 3-6 p.m. (eastern time) each weekday between March 1 and April 30. A licensed interior designer will answer your calls and give you on-the-spot decorating advice.

CASH AWARDS

Our judges are looking for imaginative ideas, a good sense of style and color, and a pleasing blend of decorating elements.

Grand Prize: $10,000
Two Runners-Up: $4,000 each
Plus 12 winners in each of eight categories (listed on coupon at right)

The Home Furnishings Council will present an additional $1,000 to any magazine award winner who has used furnishings from a member of the Council. (Further details and a listing of all Council members will be included in the Entry Packet.)

$11,500 in Manufacturer Cash Awards Plus Merchandise Awards.

Each of the following 23 companies is offering a cash award for the best use of its product in a decorating project. *(These prizes void in Arizona, Maryland, and Vermont.)*

Action Furniture by Lane®
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Bassett Furniture
Benjamin Moore & Co.
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Broyhill Furniture Industries, Inc.
Eljer Industries
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WINDOW FASHIONS
Kmart Corporation
LaBarge Mirrors, Inc.
Lane® Cedar Chest
La-Z-Boy
Lenox
Lineage Home Furnishings
Minwax® Company, Inc., Manufacturer of Wood Finishing Products
PC GLASSBLOCK® Products
Philips Lighting Company
Pier 1 Imports
Professional Picture Framers Association
Simmons Company Manufacturers of Beautyrest Mattress
Waverly Fabrics, Wallcoverings, Home Fashions

HOW TO ENTER

1. Send for Contest Rules. Mail in the coupon below and we'll send you our Decorating Contest Entry Pac with complete details and an official entry form. Because projects take time, don't wait for the Entry Packe begin your decorating.
2. When your project is complete, send us the final entry form along with before and after pictures and all receipts that could make your project a winner. **All final entries must be postmarked by January 4, 199**
3. We will select winners in April 1994, notify winners by mail, and publish a selection of winners.

DECORATING CONTEST ENTRY PACKET ORDER FORM

Please do not send photos or project plans with this preliminary entry form.
Send only one preliminary entry blank per family.

PRELIMINARY ENTRY FORM MUST BE POSTMARKED BY OCTOBER 1, 199

Be sure to check the box(es) that best describes the project(s) you plan to complete in 1993.

- ❑ 1. Living room
- ❑ 2. Dining area
- ❑ 3. Bedrooms: Master bedroom or guest room
- ❑ 4. Child's bedroom/playroom/study
- ❑ 5. Outdoor room: porch/patio/deck/sunroom
- ❑ 6. Family/great-room/kitchen
- ❑ 7. Den/home office
- ❑ 8. Whole-house redecorating

SEND $3.00 FOR POSTAGE AND HANDLING TO:

Better Homes and Gardens®/Home Furnishings Council℠,
DECORATING CONTEST, P.O. Box 9256, Des Moines, IA 5030

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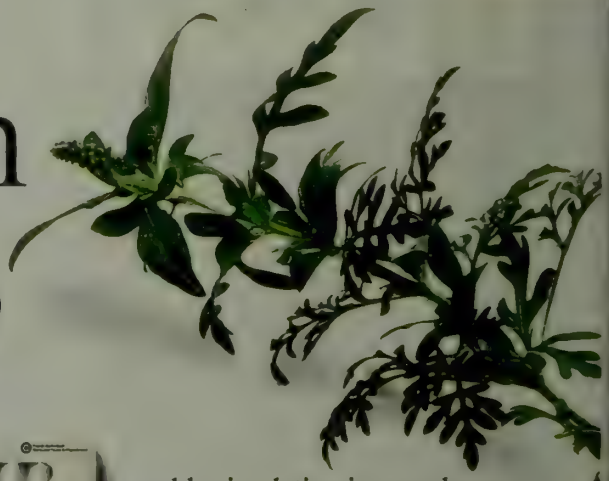
Allow six weeks for delivery of final entry packet. Entrants must be residents of the U.S.A. and 18 years or older; void where prohibited. The $3.00 charge is waived for residents of Arizona, Maryland, and Vermont, and cosponsor prizes a void in these states.



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Look for the Filtrete Clean Air Filter from 3M wherever you purchase your furnace or air conditioner filters.

For a retailer near you call 1-800-388-FILTER (3458).

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decorating with more love than money

BY SANDRA S. SORIA

Call her crazy, but Joni Ruff believes that her checkbook is more decorating friend than foe. "Decorating is more fun when you have limited funds," says Joni, an interior designer. "You have to be creative." She proves the point again and again in her family's Portland, Oregon, home, where mind-over-money ideas pay off in a friendly, one-of-a-kind style. Help yourself to her doable ideas.



Easygoing style works for Joni Ruff, husband Jim, and stepson Jason.



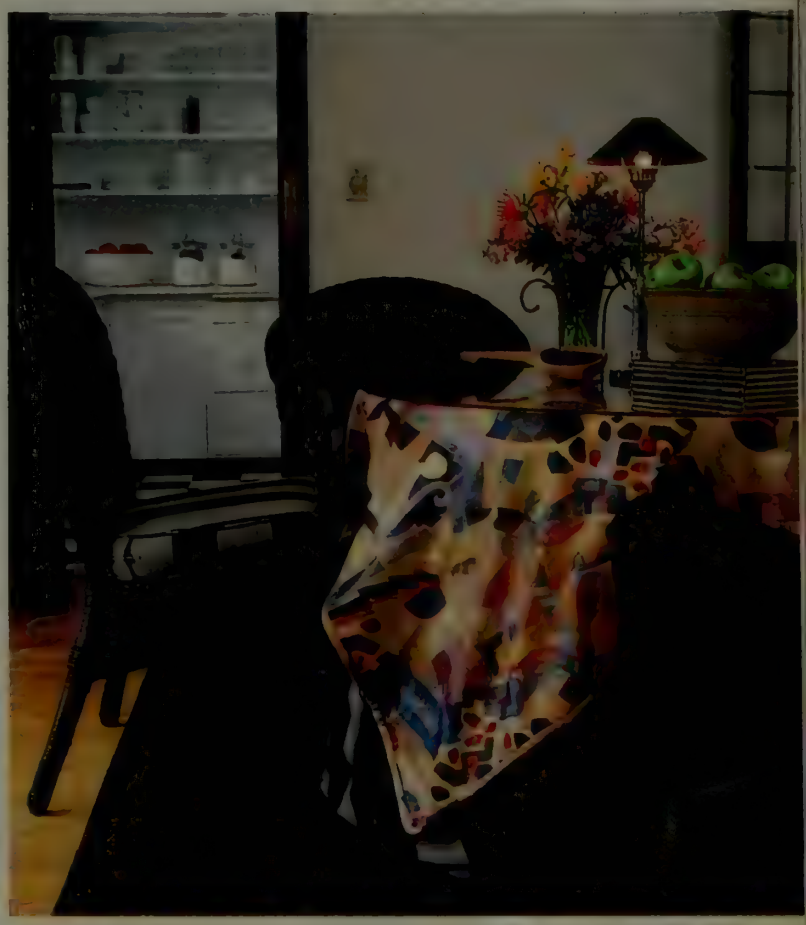
Joni splurges on big-impact accents, such as an artful iron chair, then saves where she can—on a secondhand desk and framed poster.

PHOTOGRAPHS: STEPHEN CRIDLAND. DESIGN: JONI RUFF. REGIONAL EDITOR: CATHY HOWARD



By keeping her backdrops free of clutter—even the windows are artfully bare—Joni's furnishings stand out like sculptures. Are your favorite pieces getting lost in a crowd?

decorating with more love than money



A sleek coat of black paint turns a mixed gathering of favorite wicker chairs into a matched set and dresses them up for dinner service.

Recycle for your environment. Passed down from Joni's grandparents, shapely and sturdy vintage sofas form the foundation of the living room. For quality furnishings at a bargain price, consider secondhand pieces you can revive with fabric. **Use fine fabrics like jewels.** To get a lot of flash for a few dollars, Joni upholsters the seating pieces in a budget-conscious cotton canvas and a leather look-alike fabric (on the wood-framed piece), then tosses in dressy fabrics sparingly. For more savings, she sews her own covers for the plump pillows, and for the plywood platform that serves as a dining room table. **Decorate on neutral territory.** For quick-change style, try making backdrops and key furnishings a blank canvas. Then keep things interesting by rotating accessories like exhibits in an art gallery. "I tire of things easily," says Joni. "A neutral scheme lets me change a lot without spending a lot."

Respectful of her home's cottage style, Joni decorates with warmth and charm.



decorating with more love than money



Using more texture than color, Joni turns a small bedroom into an airy and serene retreat. She got the look she wanted for less by sewing two designer wicker-look sheets into chair cushions, big bolsters, and a duvet cover (backed by a muslin sheet).





Joni adds splash to the vintage bath with the simple-sew striped shades she's patented. To order her sewing instructions, see page 206.

Become a master of decorating illusion. Many things in the Ruff home aren't what they seem. Wanting more height in the bedroom, Joni painted two unfinished bureaus, stacked the smaller one atop the other, and—ta da!—created storage with armoire stature. For a tricky headboard, she floats a row of pegs above the bed. Lift the nightstand's fabric cover and you'll find a wooden electrical spool. Finally, the lamp bases on the vanity (*right*) began life as humble pottery vases until Joni wired them for light. **Don't judge a piece by its cover.** Drawn by its straight and sturdy form, Joni took a chance on a humble secondhand table that stood forsaken under layers of peeling paint. Stripping off the rough stuff, she found a gleaming diamond of an ash vanity.

A gathering of secondhand treasures turns a blank corner into a friendly dressing spot.



decorating with more love than money

Build up your sweat equity. Instead of investing a lot of dollars in a kitchen remodeling, Joni and Jim put stock in their own abilities. White paint and new porcelain knobs quickly revived the home's original cabinets. For extra sparkle, they simply removed some of the doors to let Joni's dishware collection gleam. With simple yet snapp patterns, the checkerboard vinyl floo and striped wall covering make eas do-it-yourself projects. **Fresh style fo the fresh air.** Step outside for mor ideas done the white way, such as washable chenille bedspread used t blanket an old table. It's paired wit affordable and sculptural import stor chairs. Huddled together on a white painted tray and a wisp of lace, ever day items form a graceful still life.



Joni sees things in black and white for style that always looks fresh and clean. When you need more color, it's easy to add.



Vine-covered posts and trellises, plus armfuls of white blooms, create an elegant oasis out of the nook under a second-floor deck.

Buying information, page 206.



Genuine La-Z-Boy® Sleep Sofas. For people who deserve genuine comfort.



When guests arrive from across town or from across the country, reward their night's stay with a restful sleep on a La-Z-Boy sleep sofa. Its innerspring mattress with extra length gives it bed-like comfort. And that makes it every bit as wonderful to sleep on as it is to look at. For a free brochure, and the name of your nearest La-Z-Boy dealer, call **1-800-Then Relax** (1-800-843-6735).

Genuine LA-Z-BOY® FURNITURE

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GET READY FOR SPRING WITH THESE GREAT PROJECTS

You Can Do It with Better Homes and Gardens® Magazine Project Plans

PORCH SWING
Simple to construct, this swing's curvy design creates comfortable gliding for two adults or three children. The swing hangs securely from a pair of chains.





ADIRONDACK CHAIR
You'll delight i this comfortabl Adirondack cha It hugs the hun form and offer wide arms on which to park cold lemonade a snack.

SUMMERTIME SETTEE
With its curvy back and decorative slats, this ample and durable seating piece will add beauty to a porch, patio, deck, or backyard.





EARTH MOVERS
Created from s wood, this toy construction se includes a fron loader, buildoz and grader. Th tough enough through years mini road build

If you're on the lookout for outstanding projects to while away those wintry hours, here are four you won't want to miss. The plans are easy to build, but so well designed that they'll draw rave reviews from family and friends.

Get ready for spring by trying one, two, or all three outdoor furniture projects. The porch swing blends new-fashioned good looks with old-fashioned comfort; the summer settee is sturdy enough to enjoy for seasons to come; and the Adirondack chair is a summertime classic.

Make a set of earth-moving vehicles for that special youngster, and you'll find them still running smoothly after other toys are broken and forgotten.

Each plan steps you through the project with clearly written instructions that reveal those special tricks of the trade to save time and money—plus help you create a professional result. There's also a complete list of materials to get you started, **full-size cutting patterns**, and detailed diagrams that reveal the secrets of a professional fit. Special tips and hints from our woodworking experts make the project even easier.

ORDER MORE THAN ONE PLAN TODA

YES! I want to build these wonderful plans. Please send me the plan(s) I have checked below.

- ❑ *Porch Swing*
- ❑ *Adirondack Chair*
- ❑ *Summertime Settee*
- ❑ *Earth Movers*

NAME _____

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CITY _____ *STATE* _____ *ZIP* _____

To order one plan send **$9.95** (U.S.); two plans are **$18.95**; three plans are **$26.95**; four plans are **$33.95**. Costs include shipping handling. If applicable, state and local taxes are included in the

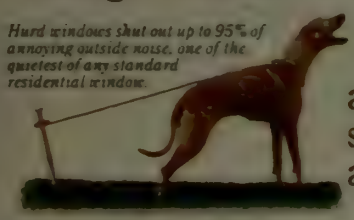
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Take mother nature for instance. Whether it's a Hurd InSol-8® window which stands up to bitter winter weather, or our unique Sunbelter 66™ windows to stop heat gain in sunny exposures, Hurd windows keep the weather where it belongs—outside. So you can enjoy the ultimate in comfort and energy saving year after year.



Hurd windows shut out up to 95% of annoying outside noise, one of the quietest of any standard residential window.

When it comes to protection from outside noise, Hurd windows quietly get the job done. When you close a Hurd window, you shut out up to 95% of annoying outside noise.

And what about fading? Hurd windows shut out invisible ultraviolet rays as well. Unprotected exposure to UV radiation is the leading cause of fading damage to fabric, artwork and furnishings. Hurd windows tame the sun by blocking over 99% of harmful UV rays. But unlike other windows, Hurd protects without using tinted glass, blinds or shades to block your view.

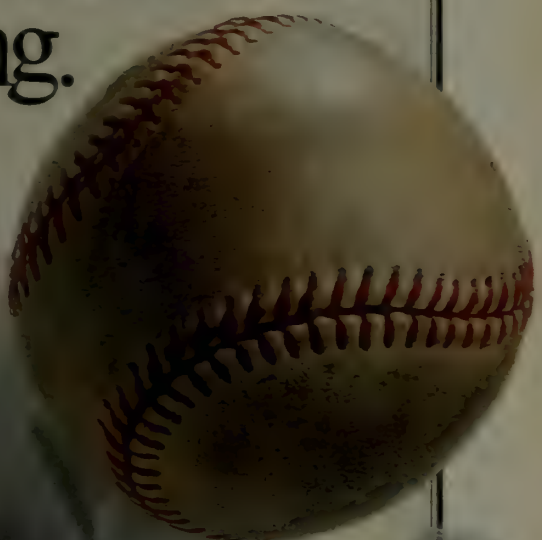
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When you choose Hurd, you're choosing a high-performance window that's second to none. Protect yourself and your investment with America's window innovation leader: Hurd. For more information, talk to your builder or architect or call 1-800-2BE-HURD. And talk to your daughter about hitting more line drives to right.



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WIN MONEY AND PRIZES

IN THE BETTER HOMES AND GARDENS®
PRIZE TESTED RECIPES® CONTEST!

TWO $200 WINNERS • TWO $100 WINNERS • SIX HONOR ROLLS • ALL WINNERS RECEIVE RUBBERMAID COOKWARE

How would you like to win cash or products for your home? Send your original recipes to our Prize Tested Recipes Contest. Each month, we ask you to send us recipes that fit the two recipe categories. Then, seven months later, we feature the four top recipes on the Prize Tested Recipes pages.

THIS MONTH'S WINNERS

(see pages 191 and 192)

All winners received Corning Ware Cookware

$200 Winners: Chloe Ellenburg, *Kapaa, Hawaii*
Debora MacNeil, *Indian Wells, Calif.*

$100 Winners: Tracie Ann Cork, *Elgin, Ill.*
Linda McPhee, *Newport, Oreg.*

Honor Roll Winners: Barb Clagett, *Saginaw, Mich.;* Terry Coppage, *Braggadocio, Mo.;* Doris Ruth Craigo, *Austin, Tex.;* Dorothy LaCombe, *Hamburg, N.Y.;* AnneMarie Mosher, *Florissant, Mo.;* Kathryn Passmore-Meyer, *Tulsa, Okla.*

HINTS FOR THIS MONTH'S CATEGORIES

Meat Pies: Do your family and friends love your homemade potpies or other meals-in-a-crust? Send us your all-time best meat-pie recipes, using any kind of meat filling and any type of crust.

Peanut Butter Treats: What is your favorite original peanut butter dessert? All desserts using peanut butter qualify, including cookies, bars, pies, cakes, candies, and other sweet snacks.

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. **2.** With each entry, print your name, address, and recipe marked "October Meat Pies" or "October Peanut Butter Treats." Specify brands and recipe origin. **3.** Address recipes to 9310 Food Department, Better Homes and Gardens, Des Moines, IA 50309-3023. **4.** Postmark all entries by March 31, 1993. **5.** Winners will be selected about 60 days later, then notified by mail. **6.** Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. **7.** Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes. BH&G



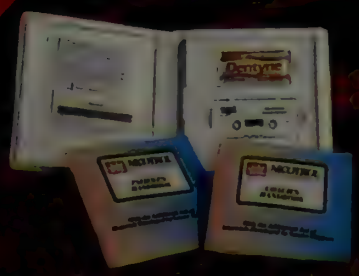
Here's the popcorn you requested.

It's new. It's fabulous. It's called Pop Secret By Request. N
you can have 80% less fat than regular Pop Secret. And rea
great taste, too. How'd we do it? That's our Pop Secret. Try
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If becoming a nonsmoker is your resolution, make the "Waking-Hours" nicotine patch* part of your solution

NEW YEAR 1993

FREE



A Patient Starter Kit is available free with every new NICOTROL prescription. Ask your doctor if NICOTROL is right for you.

NICOTROL is used as part of a comprehensive behavioral smoking cessation program

- * *NICOTROL is the only nicotine patch specifically developed to be worn only during waking hours and then removed at bedtime*
- *Available by prescription only, NICOTROL is indicated as an aid to smoking cessation for the relief of nicotine withdrawal symptoms*
- *Only NICOTROL offers a Patient Starter Kit with the additional aid of materials developed by Smoke Stoppers®*

From Parke-Davis



NICOTROL
(NICOTINE TRANSDERMAL SYSTEM)
Systemic delivery of 15mg/day over 16 hours

You should stop smoking completely before using NICOTROL. Do *not* smoke or use other nicotine-containing products while under treatment with NICOTROL. Because this product, like cigarettes, contains nicotine, you should discuss with your doctor other ways to quit smoking if you are pregnant or nursing (nicotine can harm your baby) or if you have cardiovascular disease. If you are taking any prescription medications or are under a doctor's care for any condition, you should discuss with your doctor the potential risks of using this product. There may be other risks associated with the use of this product. Do not use this product for more than 5 continuous months.

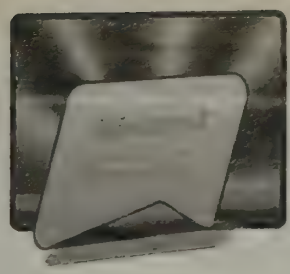
INFORMATION HOTLINE: 1-800-284-8118

Please see adjacent page for additional important information.

PD-113-JA-8409-AI-(013)

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From Parke-Davis as part of a comprehensive behavioral smoking cessation program

NICOTROL™

(NICOTINE TRANSDERMAL SYSTEM)

Systemic delivery of 15mg/day over 16 hours

Dosing and administration

Apply one NICOTROL patch upon awakening and remove at bedtime

Dose*	Duration
Start: NICOTROL™ 15 mg/day	4-12 weeks
Step-down: 10 mg/day	2-4 weeks
Step-down: 5 mg/day	2-4 weeks

***The recommended dosage is 12 weeks (8-2-2).**

For more information, call 1-800-284-8118

Nicotrol™ (nicotine transdermal system)

Systemic delivery of 15, 10, or 5 mg/day over 16 hours. Before prescribing, please see full prescribing information.
A Brief Summary follows. INDICATIONS AND USAGE Nicotrol systems, applied while patients are awake, are indicated as an aid to smoking cessation for the relief of nicotine withdrawal symptoms. Nicotrol therapy is recommended for use as part of a comprehensive behavioral smoking cessation program. The use of Nicotrol systems beyond 5 months has not been studied. **CONTRAINDICATIONS** Use of Nicotrol systems is contraindicated in patients with known hypersensitivity or allergy to nicotine or to any component of Nicotrol transdermal systems. **WARNINGS** Nicotine from any source can be toxic and addictive. Smoking causes lung cancer, heart disease, emphysema, and may adversely affect the fetus and the pregnant woman. For any smoker, with or without concomitant disease or pregnancy, the risk of nicotine replacement in a smoking cessation program should be weighed against the hazard of continued smoking while using Nicotrol systems and the likelihood of achieving cessation of smoking without nicotine replacement. **Pregnancy, Warning**—Tobacco smoke, which has been shown to be harmful to the fetus, contains nicotine, hydrogen cyanide, and carbon monoxide. Nicotine has been shown in animal studies to cause fetal harm. It is therefore presumed that Nicotrol systems can cause fetal harm when administered to a pregnant woman. The effect of nicotine delivery by Nicotrol systems has not been examined in pregnancy (see PRECAUTIONS). Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches. If Nicotrol therapy is used during pregnancy, or if the patient becomes pregnant while using Nicotrol systems, the patient should be apprised of the potential hazard to the fetus. **Safety Note Concerning Children**—The amounts of nicotine that are tolerated by adult smokers can produce symptoms of poisoning and could prove fatal if a Nicotrol system is applied or ingested by children or pets. Used 15 mg/day systems contain about 40% (10 mg) of its initial drug content. Therefore, patients should be cautioned to keep both the used and unused Nicotrol systems out of the reach of children and pets. **PRECAUTIONS** The patient should be urged to stop smoking completely when initiating Nicotrol therapy (see DOSAGE AND ADMINISTRATION). Patients should be informed that if they continue to smoke while using Nicotrol systems, they may experience adverse effects due to peak nicotine levels higher than those experienced from smoking alone. If there is a clinically significant increase in cardiovascular or other effects attributable to nicotine, the treatment should be discontinued (see WARNINGS). Physicians should anticipate that concomitant medications may need dosage adjustment (see Drug Interactions). Use of Nicotrol systems beyond 5 months by patients who stop smoking should be discouraged because the chronic consumption of nicotine by any route can be harmful and addicting. **Allergic Reactions**—In a 3-week open-label dermal irritation and sensitization study of Nicotrol systems applied 23 hours per day, 3 of 215 patients (1.4%) exhibited definite erythema at 24 hours after application. Upon rechallenge, none of the subjects exhibited any contact allergy. In the efficacy trials erythema following system removal was typically seen in 7% of patients, edema was seen in 3%, and dropouts due to skin reactions were reported in 1% of patients. Severe skin reactions were not observed in either of the trials. Patients who exhibit contact sensitization should be cautioned that a serious reaction could occur from exposure to other nicotine-containing products or smoking. Patients should be instructed to discontinue promptly the use of Nicotrol systems and contact their physicians in the case of severe or persistent local skin reactions at the site of application (e.g., severe erythema, pruritus, or edema) or a generalized skin reaction (e.g., urticaria, hives, or generalized rashes). **Skin Disease**—The Nicotrol system is usually well tolerated by patients with normal skin, but may be irritating for patients with some skin disorders (psoriasis, atopic or eczematous dermatitis). **Cardiovascular or Peripheral Vascular Diseases**—The risks of nicotine replacement in patients with certain cardiovascular and peripheral vascular diseases should be weighed against the benefits of including nicotine replacement in a smoking cessation program for them. Specifically, patients with coronary heart disease (history of myocardial infarction and/or angina pectoris), serious cardiac arrhythmias, or vasospastic diseases (Buerger's disease, Prinzmetal's variant angina) should be carefully screened and evaluated before nicotine replacement is prescribed. Tachycardia occurring in association with the use of Nicotrol therapy was reported occasionally. If serious cardiovascular symptoms occur with the use of Nicotrol systems, the therapy should be discontinued. Nicotrol therapy should generally not be used in patients during the immediate post-myocardial infarction period or in patients with serious arrhythmias or with severe or worsening angina pectoris. **Renal or Hepatic Insufficiency**—The pharmacokinetics of nicotine have not been studied in the elderly or in patients with renal or hepatic impairment. However, given that nicotine is extensively metabolized and that its total system clearance is dependent on liver blood flow, some influence of hepatic impairment on drug kinetics (reduced clearance) should be anticipated. Only severe renal impairment would be expected to affect the clearance of nicotine or its metabolites from the circulation (see Pharmacokinetics in full prescribing information). **Endocrine Diseases**—Nicotrol therapy should be used with caution in patients with hyperthyroidism, pheochromocytoma, or insulin-dependent diabetes, since nicotine causes the release of catecholamines by the adrenal medulla. **Peptic Ulcer Disease**—Nicotine delays healing in peptic ulcer disease; therefore, Nicotrol therapy should be used with caution in patients with active peptic ulcers and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks. **Accelerated Hypertension**—Nicotine therapy constitutes a risk factor for development of malignant hypertension in patients with accelerated hypertension; therefore, Nicotrol therapy should be used with caution in these patients and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks. **Information for Patient**—A patient instruction sheet is included in the package of Nicotrol systems dispensed to the patient. It contains important information and instructions on how to use and dispose of Nicotrol systems properly. Patients should be encouraged to ask questions of the physician and pharmacist. Patients must be advised to keep both used and unused systems out of the reach of children and pets. **Drug Interactions**—Smoking cessation, with or without nicotine replacement, may alter the pharmacokinetics of certain concomitant medications.

May Require a Decrease in Dose at Cessation of Smoking	Possible Mechanism
Acetaminophen, caffeine, imipramine, oxazepam, pentazocine, propranolol, theophylline	Deinduction of hepatic enzymes on smoking cessation
Insulin	Increase of subcutaneous insulin absorption with smoking cessation
Adrenergic antagonists (e.g., prazosin, labetalol)	Decrease in circulating catecholamines with smoking cessation.

May Require an Increase in Dose at Cessation of Smoking	Possible Mechanism
Adrenergic agonists (e.g., isoproterenol, phenylephrine)	Decrease in circulating catecholamines with smoking cessation

Carcinogenesis, Mutagenesis, Impairment of Fertility—Nicotine itself does not appear to be a carcinogen in laboratory animals. However, nicotine and its metabolites increased the incidences of tumors in the cheek pouches of hamsters and forestomach of F344 rats, respectively, when given in combination with tumor initiators. One study, which could not be replicated, suggested that cotinine, the primary metabolite of nicotine, may cause lymphoreticular sarcoma in the large intestine in rats. Neither nicotine nor cotinine were mutagenic in the Ames *Salmonella* test. Nicotine induced aberrations in DNA damage in an *in vitro* test system. Nicotine was shown to be genotoxic in a test system using Chinese hamster ovary cells and rabbits; implantation can be delayed or inhibited by a reduction in DNA synthesis that appears to be caused by [illegible] decreased [illegible] size in rats treated with nicotine during gestation. **PREGNANCY**—Pregnancy Category [illegible]. The known effects of cigarette smoking on maternal and fetal health are clearly established. These [illegible] abortion and increased perinatal mortality. The specific effects of Nicotrol therapy [illegible]

Nicotrol™ (nicotine transdermal system)

smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacolo approaches. Spontaneous abortion during nicotine replacement therapy has been reported; as with smoking, nicotine as a contrib factor cannot be excluded. Nicotrol systems should be used during pregnancy only if the likelihood of smoking cessation jus the potential risk of using Nicotrol systems by the pregnant patient, who might continue to smoke. **Teratogenicity**—*Animal Stu* Nicotine was shown to produce skeletal abnormalities in the offspring of mice when given doses toxic to the dams (25 mg/kg SC). *Human Studies:* Nicotine teratogenicity has not been studied in humans except as a component of cigarette smoke (each cig smoked delivers about 1 mg of nicotine). It has not been possible to conclude whether cigarette smoking is teratogenic to hum **Other Effects**—*Animal Studies:* A nicotine bolus (up to 2 mg/kg) to pregnant rhesus monkeys caused acidosis, hypercarbia, hypotension (fetal and maternal concentrations were about 20 times those achieved after smoking one cigarette in 5 minutes), breathing movements were reduced in the fetal lamb after intravenous injection of 0.25 mg/kg nicotine to the ewe (equivalent to smo 1 cigarette every 20 seconds for 5 minutes). Uterine blood flow was reduced about 30% after infusion of 0.1 µg/kg/min nicotin pregnant rhesus monkeys (equivalent to smoking about six cigarettes every minute for 20 minutes). *Human Experience:* Ciga smoking during pregnancy is associated with an increased risk of spontaneous abortion, low birth weight infants, and perinatal mor Nicotine and carbon monoxide are considered the most likely mediators of these outcomes. The effects of cigarette smoking on cardiovascular parameters have been studied near term. Cigarettes increased fetal aortic blood flow and heart rate and decre uterine blood flow and fetal breathing movements. Nicotrol systems have not been tested in pregnant women. **Labor and Delive** Nicotrol systems are not recommended for use during labor and delivery. The effects of nicotine on a mother or the fetus during l is unknown. **Use in Nursing Mothers**—Caution should be exercised when Nicotrol systems are administered to nursing wo The safety of Nicotrol therapy in nursing infants has not been examined. Nicotine passes freely into breast milk; the milk to pla ratio averages 2.9. Nicotine is absorbed orally. An infant has the ability to clear nicotine by hepatic first pass clearance; howeve efficiency of removal is probably lowest at birth. Nicotine concentrations in milk can be expected to be lower with Nicotrol sys when used while awake than with cigarette smoking, as maternal plasma nicotine concentrations are generally reduced with nic replacement. The risk of exposure of the infant to nicotine from Nicotrol therapy should be weighed against the risks associated the infant's exposure to nicotine from continued smoking by the mother (passive smoke exposure and contamination of breast with other components of tobacco smoke) and from Nicotrol therapy alone or in combination with continued smoking. **Pedia Use**—Nicotrol therapy is not recommended for use in children because the safety and effectiveness of Nicotrol therapy in chi and adolescents who smoke have not been evaluated. **Geriatric Use**—Seventy-nine patients over the age of 60 participated in cl trials of Nicotrol therapy. Nicotrol therapy appeared to be as effective in this age group as in younger smokers. **ADVERSE REACTI** Assessment of adverse events in the 509 subjects who participated in controlled clinical trials is complicated by the occurren GI and CNS effects of nicotine withdrawal as well as nicotine excess. The actual incidences of both are confounded by the sm of many patients. When reporting adverse events in the trials the investigators did not attempt to identify the cause of the symp No serious adverse events were reported during the trials. **Topical Adverse Events**—The most common adverse event assoc with topical nicotine is a mild and short-lived erythema, pruritus, or burning at the application site, which was seen at least on 47% of patients on Nicotrol systems in the efficacy trials. Local erythema after system removal was noted at least once in 7% of pa and local edema in 3%. Erythema generally resolved within 24 hours. About 1% of patients dropped out of clinical trials due to reactions; none had classical contact sensitization (see PRECAUTIONS, Allergic Reactions). In the clinical trials performed (one D and one U.S. clinic), fewer total patients were used than in trials of other nicotine transdermal systems, and fewer adverse reac were reported than in U.S. trials with other systems achieving comparable blood levels. Therefore, the systemic adverse event in the two sections below are based in part on 1200 patients treated with systems delivering comparable rates of nicotine per **Probably Causally Related**—The following adverse events are believed related to Nicotrol treatment based on experience in c trials. *Nervous system:* Dizziness* *Musculoskeletal system:* Arthralgia† *Skin and appendages:* Rash,† sweating† *reported in 3 9% of patients †reported in 1% to 3% of patients. Complaints occurring in fewer than 1% are not listed. **Causal Relation UNKNOWN**—Adverse events reported in active- and placebo-treated patients at about the same frequency in clinical trials are below. The clinical significance of the association between Nicotrol treatment and the following events is unknown, but they are rec as alerting information for the clinician. *Body as a whole:* Back pain,† pain† *Digestive system:* Abdominal pain,† constipation* diar dyspepsia,† flatulence,† nausea,* vomiting† *Musculoskeletal system:* Myalgia† *Nervous system:* Concentration impairment,* depres headache,* insomnia,† nervousness† *Respiratory system:* Cough increased,† sinusitis† *Special senses:* Taste perversion* *Urog system:* Dysmenorrhea† *reported in 3% to 9% of patients †reported in 1% to 3% of patients. Complaints occurring in fewe 1% are not listed. **DRUG ABUSE AND DEPENDENCE/OVERDOSAGE** For further information, please see full prescr information. **DOSAGE AND ADMINISTRATION** Patients must desire to stop smoking and should be instructed to stop sm *immediately* as they begin using Nicotrol therapy during waking hours. The patient should read the patient instruction sheet on N therapy and be encouraged to ask any questions. Treatment should be initiated with the Nicotrol 15 mg/day system. The patient s continue the treatment (one system each day) for 4-12 weeks of therapy. The patient should stop smoking cigarettes completely this period. If the patient is unable to stop cigarette smoking within 4 weeks, Nicotrol therapy should be stopped, since few addi patients in clinical trials were able to abstain after this time.

Recommended Dosing Schedule

Dose	Duration
Nicotrol 15 mg/day	First 12 weeks
Nicotrol 10 mg/day	Next 2 weeks[a]
Nicotrol 5 mg/day	Last 2 weeks[b]

[a] Patients who have successfully abstained from smoking should have their dose of nicotine reduced after each 2-4 weeks treatment until the Nicotrol 5 mg/day dose has been used for 2-4 weeks.
[b] The entire course of nicotine substitution and gradual withdrawal should take 14-20 weeks. The use of Nicotrol therapy be 5 months has not been studied.

The Nicotrol system should be applied promptly upon its removal from the protective pouch to prevent loss of nicotine from the s The Nicotrol system should be used only when the pouch is intact to assure the product has not been tampered with. A Nicotrol s should be applied only once a day to a non-hairy, clean, and dry skin site on the upper arm or the hip. Each day a Nicotrol s should be applied upon waking and removed at bedtime. **Caution**—Federal law prohibits dispensing without prescription. Product information as of March 5, 1992 985-

Manufactured by Cygnus Therapeutic Systems for Kabi Pharmacia, Sweden. Distributed by

PARKE-DAVIS
Division of Warner-Lambert Company
Morris Plains, NJ 07950 USA



Shown smaller than actual size of 4⅞" high

nox, Inc. 1993

As delightful as only a dalmatian can be.

An original sculpture of this distinctive breed in hand-painted porcelain.

me play," he seems to say, his ready-to-romp pose. He's almatian—one of the world's rite dogs—loved for a gentle, al and friendly nature. And , this delightful breed is irre- ibly portrayed—as an active ng puppy.

verything that makes the dal- ian so special is faithfully tured in this engaging new celain work of art. The pup's dramatic spots, feathered into the richly textured coat with skillful hand painting; the angular muzzle, already showing hints of the elegant lines it will have someday; and most of all, the sweet, imploring eyes, asking only for attention and love. They are amazingly expressive and lively, as realized by masterful Lenox® artistry.

This imported Lenox sculpture can be yours for $75, in convenient monthly installments. Please respond promptly. 785295

DALMATIAN PUPPY

Please mail by March 31, 1993.

Please enter my reservation for *Dalmatian Puppy*, an original sculpture from Lenox, handcrafted of fine bisque porcelain and painted by hand.

I need send no money now. I will be billed in five monthly installments of $15* each, with the first installment due before shipment.

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*Plus $4.98 per sculpture for shipping, handling and insurance. Sales tax will be billed if applicable.

Mail to: Lenox Collections
P.O. Box 3020, Langhorne, PA 19047-9120

THE FOOD PYRAMID
Build from the bottom

Set aside the once-familiar Basic Food Group Wheel you studied in school. The Food Guide Pyramid now sets the standard for balancing your diet every day. The switch to the pyramid retains the food group idea, but also shows you how to proportion your family's choices among the different food groups.

THE REASON FOR A PYRAMID

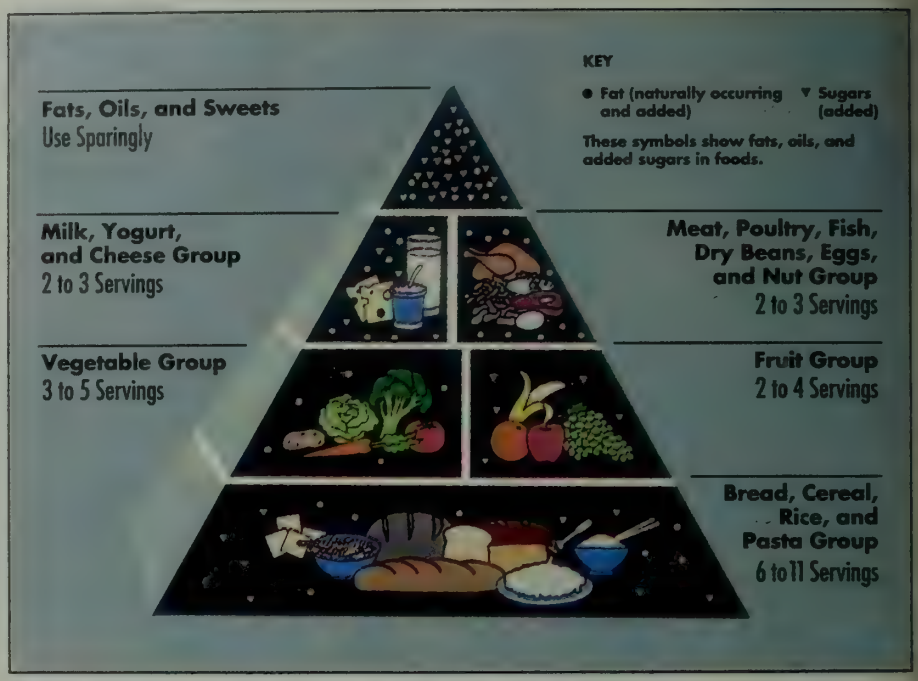
As you can see by its broad base, the pyramid emphasizes eating lots of fruits, vegetables, grains, pasta, and breads. These foods supply vitamins, minerals, complex carbohydrates, and dietary fiber—important nutrients that not only contribute to our overall good health, but also may help prevent certain diseases, such as heart disease and cancer.

The small triangle at the top of the pyramid shows that fats, oils, and sweets should play a limited role. Foods high in fat are linked to obesity and an increased risk for heart disease and some forms of cancer.

WHAT THE PYRAMID TELLS YOU

Beyond depicting the ideal proportions of food groups, the pyramid tells how many servings in the major groups you should strive to eat every day. You need the most servings (6 to 11) from the group at the base of the chart—bread, cereal, rice, and pasta.

No number of servings is recommended for the group at the top of the pyramid—fats, oils, and sweets. That's because you should eat these foods sparingly. Their presence is obvious in such foods as butter and candy, but fats and sugar are also present in foods within the other groups. Throughout the pyramid, tiny circles (which symbolize fat) and tiny triangles (which symbolize sugar) show that foods in these groups can provide fat and added sugar too.



Eat more from the bottom of the pyramid than from the top.

WHAT ELSE YOU NEED TO KNOW

- Eat *at least* the lowest number of recommended servings from *each* of the lower five food groups *every* day.
- Become familiar with what constitutes a single serving for foods within each group (see the list *at right*).
- Understand how serving sizes can vary for children and adults.
- Choose from low-fat options when available.
- Balance your diet over time, compensating for day-to-day deviations.

WHAT COUNTS AS A SERVING?

Refer to the helpful list *at right* to determine serving sizes for many common foods. Keep in mind the following caveats:

- If you eat a significantly larger portion than the suggested serving size, count it as more than 1 serving.
- For children who are age six or older, use the same serving size as you would for an adult.
- Consult your doctor for advice on feeding children under age two.
- For children from ages two to five, count two-thirds of the adult size as one serving, except for dairy foods (for which the serving sizes are the same).

Bread, Cereal, Rice, and Pasta

Adults and children over age 6:
1 slice bread or 1 dinner roll
1 ounce ready-to-eat cereal
½ cup cooked rice, cereal, or pasta

Children under age 6:
½ slice bread
½ ounce ready-to-eat cereal
⅓ cup cooked rice, cereal, or pasta

Vegetables

Adults and children over age 6:
1 cup raw leafy vegetables
½ cup cooked or raw chopped vegetables
¾ cup vegetable juice

Children under age 6:
⅔ cup raw leafy vegetables
⅓ cup cooked or raw chopped vegetables
½ cup vegetable juice

continued on page 146



o way.

Not even this one.

Yeah! Now you're cooking.

For lower saturated fat... corn oil and olive oil can't beat Crisco Oil.

SATURATED FAT PER TABLESPOON	
Crisco OIL	1.5 GRAMS
CORN OIL	2.0 GRAMS
OLIVE OIL	2.0 GRAMS



Cooks Who Know Trust Crisco

© 1992 Procter & Gamble Co.

THE FOOD PYRAMID

continued from page 144

Fruits

Adults and children over age 6:

1 medium apple, banana, or orange
½ cup cooked or canned fruit
¼ cup dried fruit
¾ cup fruit juice

Children under age 6:

1 small apple, banana, or orange
⅓ cup cooked or canned fruit
3 tablespoons dried fruit
½ cup fruit juice

Milk, Yogurt, and Cheese

Adults and children over age 6:

1 cup milk or yogurt
1½ ounces natural cheese
2 ounces process cheese

Children under age 6:

Same serving sizes as for adults

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

Adults and children over age 6:

2 to 3 ounces cooked lean boneless meat, poultry, or fish
1 to 1½ cups cooked dry beans
2 or 3 equivalents*of 1 ounce of meat

Children under age 6:

1 to 2 ounces cooked lean boneless meat, poultry, or fish
⅔ to 1 cup cooked dry beans
1 or 2 equivalents* of 1 ounce of meat

*Note: The equivalent of 1 ounce of meat is 1 egg or 2 tablespoons of peanut butter. It's wise to eat these equivalents in moderation because eggs are high in cholesterol and peanut butter is high in fat.

FOR MORE INFORMATION

To find out more about the Food Pyramid, you can order the 30-page booklet *USDA's Food Guide Pyramid.* Send a check or money order for $1.00 to:

Consumer Information Center
Dept. 62
Pueblo, CO 81009

Or, call the Consumer Nutrition Hot Line (800-366-1655) at the National Center for Nutrition and Dietetics. You can listen to a recorded message about the Food Pyramid or speak directly to a Registered Dietitian with your questions.

HOW TO BUILD FROM THE BOTTOM

Isn't it nice to see what you should eat, instead of hearing about all the things you shouldn't? That's what the pyramid tells you. In fact, you may be surprised by the number of daily servings you should eat of grains (6 to 11), fruits (2 to 4), and vegetables (3 to 5). For a 1,600 calorie-a-day diet, choose the lower number of servings in the range. For a 2,800 calorie-a-day level, opt for the upper end. It's easy to meet these daily recommendations if you include grains, fruits, and vegetables in every meal. Here's how:

Get a head start at breakfast

- **Drink a glass of juice.**
- **Dig into a grapefruit half or melon wedge.**
- **Spread whole-grain toast, English muffin halves, or bagels with fruit spread.**
- **Top cereal with fresh or dried fruit.**
- **Serve French toast, waffles, or pancakes with fruit.**
- **Add green pepper, spinach, and onion to scrambled eggs.**
- **Sauté a few vegetables for an omelet filling.**
- **Cook up a steaming bowl of oatmeal in the microwave oven.**
- **Add color to your plate with slices of kiwi fruit or orange.**

Munch a bunch at lunch

- **Add chopped green pepper and shredded carrot to cheese sandwiches before grilling.**
- **Stir thawed peas or chopped spinach into mashed potatoes or macaroni and cheese.**
- **Pack sticks of fresh vegetables in take-along lunch bags.**
- **For your favorite canned soups, stir in frozen mixed vegetables. Top with toasted whole wheat bread cubes.**
- **Put together a multicolored salad at the salad bar, but go easy on the dressing and cream salads.**
- **Request a side of baked beans, three-bean salad, or coleslaw.**
- **Order thick-crust whole-grain pizza with extra vegetable toppings (mushrooms, green pepper, zucchini). Hold the extra cheese.**

Make every dinner a winner

- **Toss leftover cooked vegetables and grains into lettuce salads. For extra crunch, top them with plain croutons or broken melba toast.**
- **Serve a basket of warm whole grain rolls or crusty sliced bread with your main dish.**
- **Center meals around potatoes, rice, or pasta. Think of meat and cheese as condiments.**
- **Serve pasta often. Add finely chopped eggplant, zucchini, or carrots to the meat sauce.**
- **Transform a plain baked potato into the main attraction. Scoop out the centers and mix with such ingredients as steamed broccoli, mushrooms, and onions. Fill the shells with the mixture and top with grated Parmesan cheese.**
- **Grill vegetables alongside meat or make vegetable kabobs.**
- **Stock up on couscous and quick-cooking brown rice for handy 5-minute serve-alongs.**
- **Poach fruit for dessert. Top it with a spoonful of vanilla yogurt and a sprinkling of spice.**

Pack up a snack

- **Tote along carrot, zucchini, parsnip, kohlrabi, or celery sticks; cauliflower and broccoli flowerets; or whole wheat rolls.**
- **Crave a crunchy snack? Breadsticks, pretzels, low-sodium crackers, unbuttered popcorn, and rice cakes are excellent choices.**
- **Munch on air-popped popcorn. Microwave and packaged popped popcorn can be high in fat.**
- **Serve low-fat dips with toast points, toasted pita bread wedges, fat-free tortilla chips, breadsticks, and cut-up raw vegetables.**
- **To make fat-free tortilla chips, cut tortillas into eighths and bake in a 375° oven for 10 minutes.**
- **Make dips out of low-fat yogurt or sour cream, yogurt cheese, or fat-free cream cheese by blending with chopped vegetables and herbs. Or, make a bean dip by mashing drained and rinsed canned beans with garlic, chopped onion, and spices.**
- **Prefer a sweet treat? Reach for an apple, a banana, or grapes. Or, slice a kiwi fruit in half and scoop the flesh out with a spoon.**


One taste and you'll never guess what's missing.
½ the fat, ⅓ the calories,* all the cholesterol
Introducing Chicken Tonight™ Light from Ragú.®
So delicious you won't believe it's light. Try new Italian Primavera, Honey Mustard, and Sweet and Spicy simmer sauces. Just brown, simmer, serve and enjoy.
CHICKEN TONIGHT Light
CHICKEN TONIGHT Light
CHICKEN TONIGHT Light
It's gonna be great tonight.



Warm Sue Bee brownies! Mmm, make my choppers wanna chomp.

Honey-Blonde Brownies
1 ½ c. flour
1 tsp. baking powder
½ tsp. salt
½ c. soft shortening
½ c. brown sugar, packed
½ c. Sue Bee Honey
1 egg
1 tsp. vanilla
½ c. chopped nuts

Preheat oven to 350°. Mix all ingredients together. Spread into well-greased 8-inch-square pan. Bake for 25-30 minutes, but only until a slight imprint shows when touched with finger. Don't overbake. Before cooling, cut into bars.

If you need to know how to change a recipe from sugar to honey, or if you'd like a free recipe booklet — write Sue Bee Honey, P.O. Box 388, Dept. BHG, Sioux City, IA 51102.



Sue Bee i
for me

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give nutrition information. The calorie count of each serving and the amount, in grams, of fat, cholesterol, protein, carbohydrate, sodium, and fiber will help you keep tabs on what you eat.

You can check the vitamin and mineral levels of each recipe serving. These are noted in percentages of the Recommended Dietary Allowance (RDA), whenever values provide at least 10 percent of the recommended amount. (The RDAs are dietary standards developed by the National Academy of Sciences.)

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. This does not mean we prefer one over the other.

We use the first serving size listed.

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

WHAT YOU NEED

Use our analysis to chart the nutrition value of the recipes you prepare and the foods you eat. The dietary guidelines below suggest the levels of nutrients that moderately active women should strive for each day (in general, active males and all teenagers need more calories):

Calories: About 2,000
Fat: No more than 67 grams
Cholesterol: No more than 300 milligrams
Protein: About 75 grams
Carbohydrate: About 275 grams
Sodium: No more than 2,400 milligrams
Dietary Fiber: 20 to 30 grams

There's no real harm in going over or under these dietary guidelines in any single day, but it's a good idea to aim for a balanced diet over time for good health.

Who Has The Best Tissue With Lotion? The Choice Is Clear.

Other tissues with lotion

Kleenex® Ultra™ with oil-free lotion



Introducing Kleenex® Ultra™ With Oil-Free Lotion.

New Kleenex® Ultra™ tissues are made with the softness of an oil-free lotion. Oil-free, so there's never an oily residue, only a feeling that's exceptionally soft.

Kleenex® Ultra™. Ultra Softness Is All You Feel.

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Introducing Del Monte Spaghetti Sauce.

NEW!



Finally, the great taste of jarred spaghetti sauce in a can. Del Monte starts wi sun-ripened tomatoes and the finest natural seasonings for a great taste your fam will love. Try all six delicious varieties and taste the Del Monte difference.

Del Monte

The best thing next to fresh.™

© 1993 Del Mon

By KRISTI FULLER R.D.

feel good FOOD

Quick-to-fix Low-fat Heart smart

Cajun Chicken Burger

Quick Potato-Bean Salad

Bring a smile to your heart with this low-fat meal. Serve it in less time than it takes to go out for fast food.



a **burger** *to smile about*

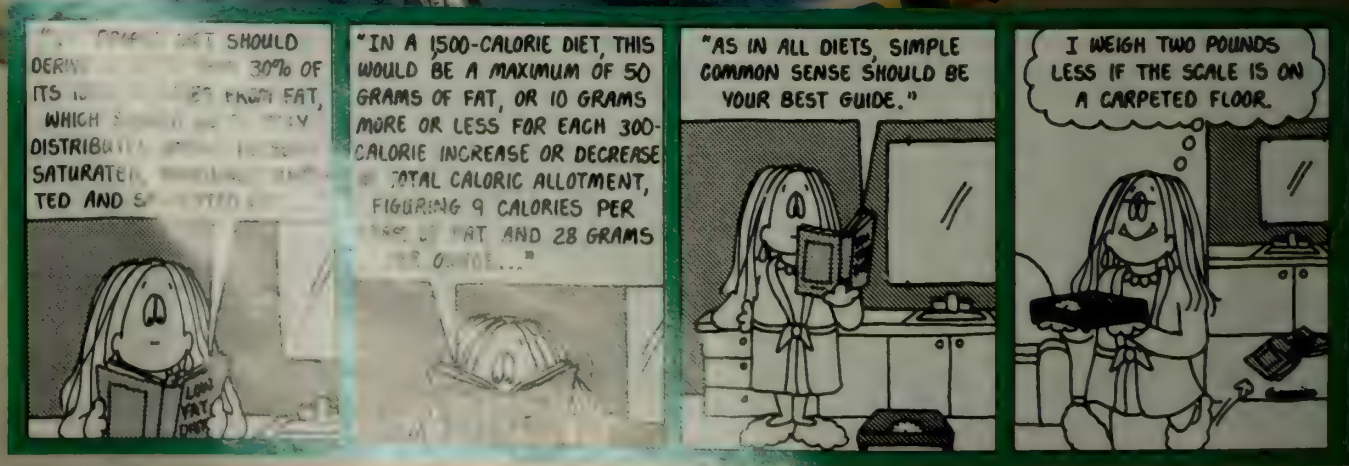
Recipes begin on page 162

good for your heart and Sole

Baked Sole and Corn Salsa

Southwest Couscous

Just what the doctor ordered—quick-cooking, heart-friendly fish with a two-ingredient salsa. Faster yet, the zippy pasta-like side dish cooks in only 5 minutes.



Recipes begin on page 154



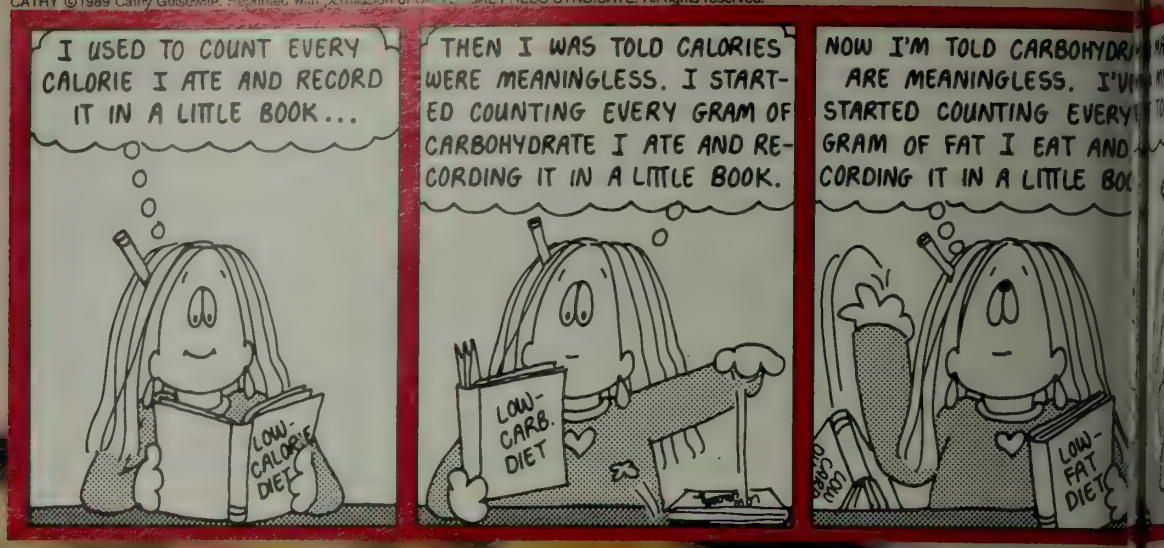


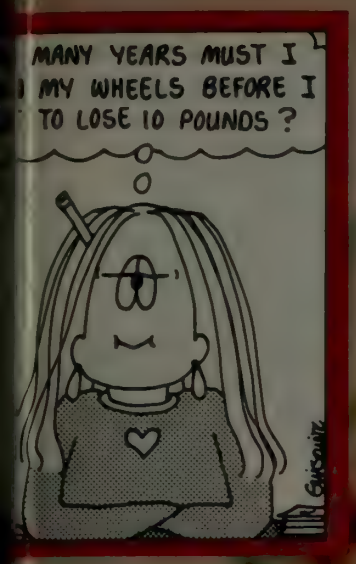
curry **Up!** *soup's* **On!**

Lentil and Bean Curry Soup
Peppered Whole Wheat Loaf
Red Leaf Salad with Honey Vinaigrette

Abracadabra! Magically turn a package of lentil pilaf mix into a quick and hearty vegetable soup. A whole grain bread and a salad complete your magic act.

CATHY ©1989 Cathy Guisewite. Reprinted with permission of UNIVERSAL PRESS SYNDICATE. All rights reserved.





Pasta *for losers*

Weight whittlers won't spin their diet wheels with this dinner. Topped with a low-fat tomato sauce and oodles of veggies, the pasta is just right for any weight-loss plan. Add your favorite tossed salad for a quick meal.

Ham and Asparagus Pasta

Recipes begin on page 172.



For a healthful entrée, super chicken saves the day. Baked in a 1-2-3 sauce and served with vegetables and "buttery" (but low-in-fat) potatoes, this chicken dinner won't blow your fat or food budget.



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FRANK & ERNEST reprinted by permission of NEA, Inc.



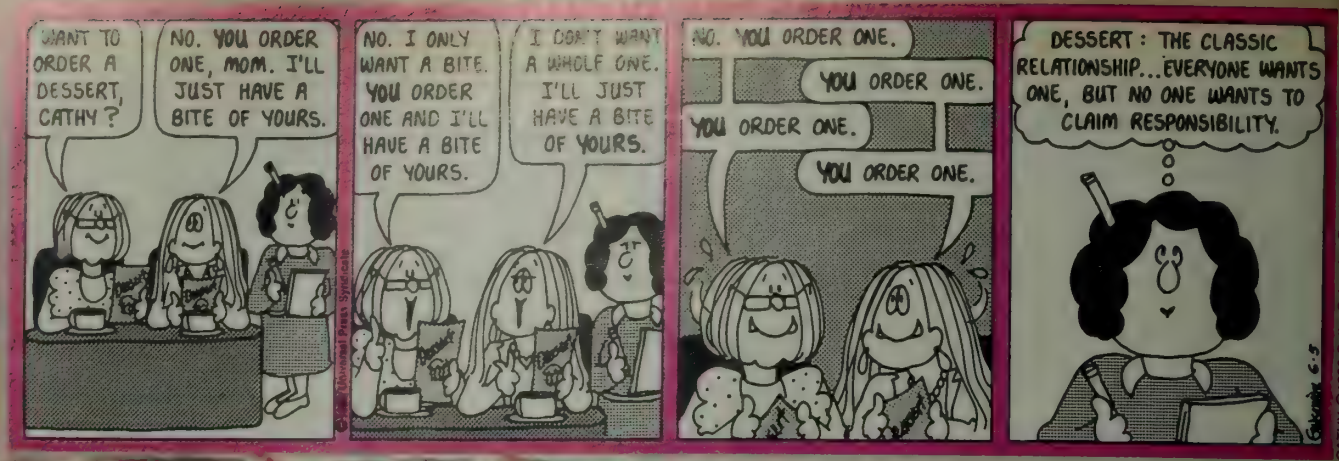
Mustard French Bread

Give this salad an A in nutrition. Broiled lean turkey joins fresh fruits and vegetables to make the grade. Drizzle with a honey-orange dressing and serve with toasty, cheesy bread.

salad smart

Hot Turkey Salad

Recipes begin on page 172.



These feel-good desserts bring pure pleasure, not pangs of guilt. All are under 250 calories and have less than 5 grams of fat per serving—so you can have your cake and eat it too!

Peppermint Angel Cake with Chocolate Sauce

begin on page 174.

don't *desert* Desserts



Chocolate Chip Pears

Honey and Spice Fruit Compote

Gingerbread with Luscious Lemon Cream



Orange-Spice Pot Roast

Fix and forget this ... roast. The savory aroma won't ... the slow-simmering, citrus-flavored ... in your crockery cooker.

Recipe begins on page 177.



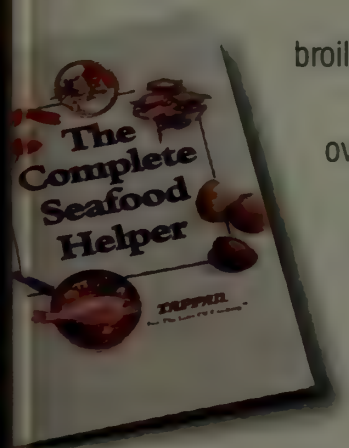
ng moist, tender, healthy fish is wonderful. Scrubbing the fishy splatters out seams and crevices on your range isn't. That's why Tappan created the -Saver smoothtop electric range. Its upswept design features a large



The 10-minute rule...for perfectly done fish, cook for 10 minutes per inch of thickness.

The Tappan Scrub-Saver™ Electric Range. Finally, A Range That Doesn't Catch Fish.

ess glass cooktop that simply can't catch and hide splatters. Plus, unlike other ranges, the cooktop is made from cial ceramic that's virtually impossible to stain or crack. And whether you're sautéing, poaching, baking or broiling, our even-heat elements and automatic self-cleaning oven won't leave fish overcooked at one end and raw at the other. Tappan Scrub-Saver electric and gas ranges. Designed for people who love to cook. By people who feel the same.



w to buy, store, season, and cook a wide variety and fresh-water seafood with "The Tappan Helper" series. For your free copy and the name nearest Tappan dealer, call **1-800-537-5530.**

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For The Love Of Cooking™

Consolidated Industries, Inc.



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You'll find Ballerina Bunny at your neighborhood store where there are friendly people to help you find that special gift. Or call 1-800-343-RUSS.

FEEL-GOOD FOOD

continued from page 160

20 Lighthearted ways to lighten up and feel good

Eating right isn't the only key to feeling good. There are lots of things you can do improve your health and your feeling of self-esteem. For starters, here are twenty easy ideas. Don't try them all at once. Instead, make one change at a time and let it become a habit. Then try another one.

1. Put yourself in an upbeat mood. Begin your day by saying, "This will be a great day," and it probably will be.

2. Read the comic strips in your newspaper every day and laugh along with characters such as Cathy *as she ponders yet another new diet.*

3. Find the happy medium. Whether it's food, alcohol, exercise, or work, too much of a good thing, even vitamins, can compromise your health.

4. Play softball, ride the teeter-totter, or hop on a swing alongside your kids. Relive your childhood to recapture that lively spirit. (You'll burn some calories too.)

5. Take a vigorous hike—or at least a walk—with your family. The exercise will do your heart good, but you'll also gain special time together.

6. Enjoy life's pleasures in little bites. If you love ice cream, have a small scoop on occasion.

7. Reach a healthy weight—one that's realistic and right for you. Super-thin is out.

8. Think and eat slowly. When you feel full, stop eating. You may be surprised at how small amounts can fill you up.

9. Take a low-fat cooking class, or buy and use a cookbook with healthful recipes.

10. Go meatless once in a while. Vegetables are cholesterol free and low in fat and calories.

11. Ban the word DIET from your vocabulary. Focus on eating healthfully and improving your eating habits.

12. Forgive yourself. If you splurged on several chocolate bars today, forget it. Do better tomorrow.

13. Celebrate your accomplishments. Have you lost weight or finished a big project? Buy yourself a small gift that you've wanted (but don't let it be food).

14. Enjoy life. Whether it's a favorite food, something you like to do, or time spent with friends, enjoy

15. De-stress your life. Get organized; confront your problems and don't worry about the things you can't change. Continual stress takes its toll mentally and physically.

16. Begin a hobby. (For instance, learn to cook a fabulous low-fat dinner.) Creating something with your hands gives you a feeling of pride and accomplishment.

17. Make a list of all the nice things people have said about you or things you've done that make you proud. Refer to that list when you're feeling blue.

18. Smile.

19. Laugh. Laughter and fun have been linked to prolonging life and fighting illness. A philosopher once said, "Laughter is the sun that drives winter from the human face." So, let it shine.

20. Slow down. Take time to smell the roses, hug your kids, or take a vacation.

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FEEL-GOOD RECIPES

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CAJUN CHICKEN BURGERS

Use just a portion of the garbanzo beans (also called chick-peas) for these mildly spiced burgers. Use the remaining beans in Quick Potato-Bean Salad—

- ¼ cup garbanzo beans, drained and mashed
- 1 beaten egg
- 2 Tbsp. fine dry bread crumbs
- 1 to 1½ tsp. Cajun seasoning*
- 1 lb. ground raw chicken
- 4 kaiser rolls *or* hamburger buns, split
- Lettuce leaves (optional)
- Tomato slices (optional)
- Chili sauce, taco sauce, *or* catsup

● **In a medium mixing bowl combine** mashed garbanzo beans, egg, bread crumbs, Cajun seasoning, and ¼ teaspoon *salt.* Add ground chicken and mix well. Shape into four ¾-inch-thick patties.

● **Preheat oven broiler.** Place patties on an ungreased, unheated rack of a broiler pan. Broil 3 to 4 inches from heat for 6 minutes. Turn patties; broil 6 to 8 minutes more or till patties are no longer pink in centers. Toast rolls under broiler, if desired.

● **Serve patties in buns** with lettuce leaves and tomato slices, if desired. Serve with chili sauce, taco sauce, or catsup. Makes 4 servings.

***Note:** To make your own Cajun seasoning, in a container with a tight-fitting lid combine 2 tablespoons *salt,* 1 tablespoon *ground red pepper,* 1 teaspoon *ground white pepper,* 1 teaspoon *garlic powder,* and 1 teaspoon *ground black pepper.* Store, covered, at room temperature. Makes about ¼ cup.

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4. Play softball, ride the teeter-totter, or hop on a swing alongside your kids. Relive your childhood to recapture that lively spirit. (You'll burn some calories too.)

5. Take a vigorous hike—or at least a walk—with your family. The exercise will do your heart good, but you'll also gain special time together.

6. Enjoy life's pleasures in little bites. If you love ice cream, have a small scoop on occasion.

7. Reach a healthy weight—one that's realistic and right for you. Super-thin is out.

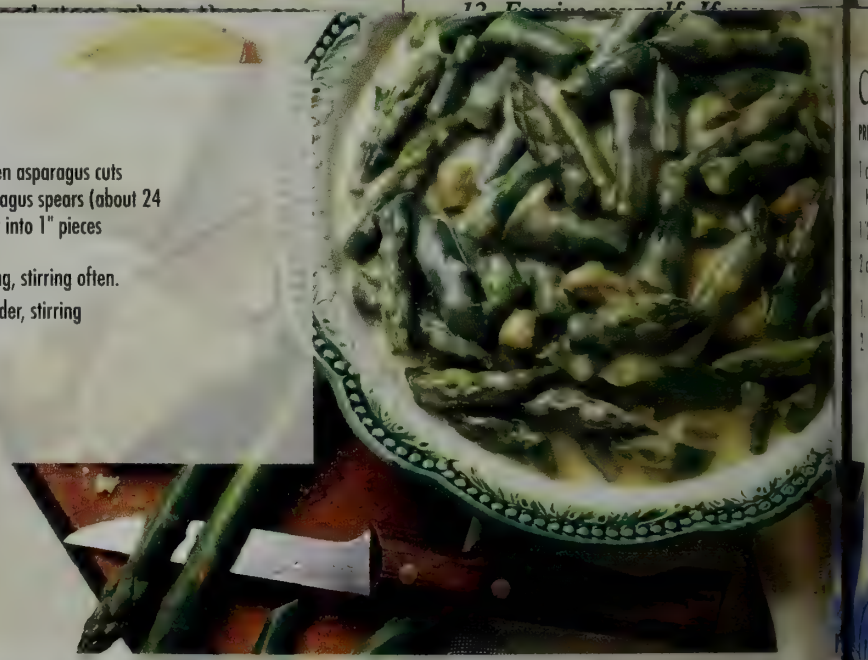
8. Think and eat slowly. When you feel full, stop eating. You may be surprised at how small amounts can fill you up.

9. Take a low-fat cooking class, or buy and use a cookbook with healthful recipes.

10. Go meatless once in a while. Vegetables are cholesterol free and low in fat and calories.

11. Ban the word DIET from your vocabulary. Focus on eating healthfully and improving your eating habits.

12. Forgive yourself. If you



Saucy Asparagus

PREP TIME: 10 MIN. **COOK TIME: 15 MIN.**

1 can (10 3/4 oz.) Campbell's® NEW Cream of Asparagus Soup
2 tbsp. milk
2 pkg. (10 oz. *each*) frozen asparagus cuts *or* 1 1/2 lb. fresh asparagus spears (about 24 to 30), trimmed and cut into 1" pieces

1. In 2-qt. saucepan over medium heat, combine soup and milk. Heat to boiling, stirring often.
2. Add asparagus. Cover; cook over low heat 10 min. or until asparagus is tender, stirring occasionally. Serve with grated Parmesan cheese if desired. 8 servings.



Crispy Chicken with Asparagus Sauce

PREP TIME: 10 MIN. **COOK TIME: 20 MIN.**

4 skinless, boneless chicken breast halves *or* 8 boneless chicken thighs
1 egg *or* 2 egg whites, beaten
1/2 cup dry bread crumbs
2 tbsp. vegetable oil
1 can (10 3/4 oz.) Campbell's® NEW Cream of Asparagus Soup
1/3 cup *each* milk *and* water
Hot cooked rice with chopped parsley

1. In pie plate, dip chicken into egg; coat with bread crumbs.
2. In skillet over medium-low heat, in hot oil, cook chicken 15 min. or until browned on both sides and no longer pink. Remove; keep warm.
3. In same skillet over low heat, combine soup, milk and water. Heat through, stirring occasionally. Spoon soup mixture over chicken. Serve with rice. 4 servings.



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¼ cup garbanzo beans, drained and mashed
1 beaten egg
2 Tbsp. fine dry bread crumbs
1 to 1½ tsp. Cajun seasoning*
1 lb. ground raw chicken
4 kaiser rolls *or* hamburger buns, split
Lettuce leaves (optional)
Tomato slices (optional)
Chili sauce, taco sauce, *or* catsup

● **In a medium mixing bowl combine** mashed garbanzo beans, egg, bread crumbs, Cajun seasoning, and ¼ teaspoon *salt.* Add ground chicken and mix well. Shape into four ¾-inch-thick patties.

● **Preheat oven broiler.** Place patties on an ungreased, unheated rack of a broiler pan. Broil 3 to 4 inches from heat for 6 minutes. Turn patties; broil 6 to 8 minutes more or till patties are no longer pink in centers. Toast rolls under broiler, if desired.

● **Serve patties in buns** with lettuce leaves and tomato slices, if desired. Serve with chili sauce, taco sauce, or catsup. Makes 4 servings.

***Note:** To make your own Cajun seasoning, in a container with a tight-fitting lid combine 2 tablespoons *salt,* 1 tablespoon *ground red pepper,* 1 teaspoon *ground white pepper,* 1 teaspoon *garlic powder,* and 1 teaspoon *ground black pepper.* Store, covered, at room temperature. Makes about ¼ cup.

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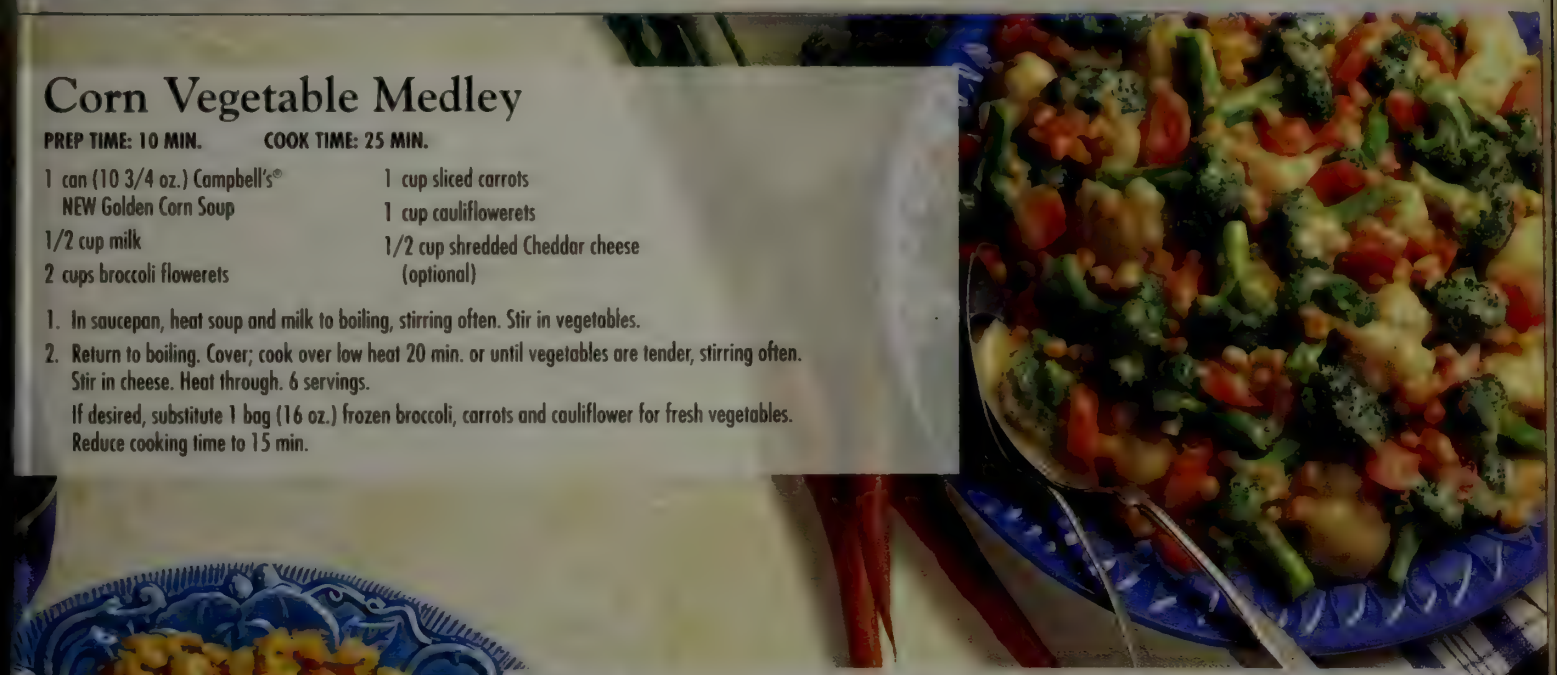
Corn Vegetable Medley

PREP TIME: 10 MIN. COOK TIME: 25 MIN.

1 can (10 3/4 oz.) Campbell's® NEW Golden Corn Soup
1/2 cup milk
2 cups broccoli flowerets
1 cup sliced carrots
1 cup cauliflowerets
1/2 cup shredded Cheddar cheese (optional)

1. In saucepan, heat soup and milk to boiling, stirring often. Stir in vegetables.
2. Return to boiling. Cover; cook over low heat 20 min. or until vegetables are tender, stirring often. Stir in cheese. Heat through. 6 servings.

If desired, substitute 1 bag (16 oz.) frozen broccoli, carrots and cauliflower for fresh vegetables. Reduce cooking time to 15 min.



Golden Corn Stuffing Bake

PREP TIME: 10 MIN. COOK TIME: 25 MIN.

1 can (10 3/4 oz.) Campbell's® NEW Golden Corn Soup
1/4 cup *each* finely chopped celery and onion
1 1/2 cups Pepperidge Farm® Herb Seasoned *or* Cubed Herb Seasoned Stuffing
4 skinless, boneless chicken breast halves
1 tbsp. packed brown sugar
1 tbsp. margarine, melted
1 tsp. spicy brown mustard

1. Combine soup, celery, onion and stuffing. In 9" greased pie plate, spoon stuffing mixture. Arrange chicken over stuffing mixture; press lightly into stuffing.
2. Combine sugar, margarine and mustard; spread evenly over chicken.
3. Bake at 400°F. 25 min. or until chicken is no longer pink. Garnish with fresh sage if desired. 4 servings.





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4. Play softball, ride the teeter-totter, or hop on a swing alongside your kids. Relive your childhood to recapture that lively spirit. (You'll burn some calories too.)

5. Take a vigorous hike—or at least a walk—with your family. The exercise will do your heart good, but you'll also gain special time together.

6. Enjoy life's pleasures in little bites. If you love ice cream, have a small scoop on occasion.

7. Reach a healthy weight—one that's realistic and right for you. Super-thin is out.

8. Think and eat slowly. When you feel full, stop eating. You may be surprised at how small amounts can fill you up.

9. Take a low-fat cooking class, or buy and use a cookbook with healthful recipes.

10. Go meatless once in a while. Vegetables are cholesterol free and low in fat and calories.

11. Ban the word DIET from your vocabulary. Focus on eating healthfully and improving your eating habits.

12. Exercise yourself. If you

You'll find Bellerina Bunny at your neighborhood store where these are

Savory Pot Roast

PREP TIME: 5 MIN. **COOK TIME: 3 HR.**

- 2 tbsp. vegetable oil
- 3 1/2 to 4 lb. beef round *or* chuck pot roast
- 1 can (10 3/4 oz.) Campbell's® Cream of Mushroom Soup
- 1 pouch Campbell's® Dry Onion Quality Soup and Recipe Mix
- 1 1/4 cups water
- 6 medium potatoes, quartered (about 5 1/2 cups)
- 6 carrots, cut into 2" pieces
- 2 tbsp. all-purpose flour

1. In 6-qt. saucepot, in hot oil, brown roast on all sides. Spoon off fat.
2. Stir in mushroom soup, onion soup mix and *1 cup* water. Reduce heat to low. Cover; cook 2 hr. Add vegetables. Cover; cook 45 min. or until roast and vegetables are fork-tender.
3. Remove roast and vegetables. Stir together flour and remaining *1/4 cup* water until smooth. Gradually stir into soup mixture. Cook until mixture boils and thickens, stirring constantly. Garnish with fresh parsley if desired. 8 servings.



Cheddar Baked Potato Slices

PREP TIME: 10 MIN. **COOK TIME: 55 MIN.**

- 1 can (10 3/4 oz.) Campbell's® Cream of Mushroom Soup
- 1/2 tsp. paprika
- 1/2 tsp. pepper
- 4 medium baking potatoes, cut into 1/4" slices (about 4 cups)
- 1 cup shredded Cheddar cheese

1. In small bowl, combine soup, paprika and pepper.
2. In greased 2-qt. oblong baking dish, arrange potatoes in overlapping rows. Sprinkle with cheese; spoon soup mixture over cheese.
3. Cover with foil; bake at 400°F. 45 min. Uncover; bake 10 min. or until potatoes are fork tender. 6 servings.



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CAJUN CHICKEN BURGERS

Use just a portion of the garbanzo beans (also called chick-peas) for these mildly spiced burgers. Use the remaining beans in Quick Potato-Bean Salad—

¼ cup garbanzo beans, drained and mashed
1 beaten egg
2 Tbsp. fine dry bread crumbs
1 to 1½ tsp. Cajun seasoning*
1 lb. ground raw chicken
4 kaiser rolls *or* hamburger buns, split
Lettuce leaves (optional)
Tomato slices (optional)
Chili sauce, taco sauce, *or* catsup

- **In a medium mixing bowl combine** mashed garbanzo beans, egg, bread crumbs, Cajun seasoning, and ¼ teaspoon *salt.* Add ground chicken and mix well. Shape into four ¾-inch-thick patties.
- **Preheat oven broiler.** Place patties on an ungreased, unheated rack of a broiler pan. Broil 3 to 4 inches from heat for 6 minutes. Turn patties; broil 6 to 8 minutes more or till patties are no longer pink in centers. Toast rolls under broiler, if desired.
- **Serve patties in buns** with lettuce leaves and tomato slices, if desired. Serve with chili sauce, taco sauce, or catsup. Makes 4 servings.

***Note:** To make your own Cajun seasoning, in a container with a tight-fitting lid combine 2 tablespoons *salt,* 1 tablespoon *ground red pepper,* 1 teaspoon *ground white pepper,* 1 teaspoon *garlic powder,* and 1 teaspoon *ground black pepper.* Store, covered, at room temperature. Makes about ¼ cup.

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SEAFOOD FETTUC

Serves 4

- 2 Tbsp. butter or margarine
- 4 tsp. flour
- 1½ c. half-and-half
- ¼ c. grated Parmesan cheese
- 1 pkg. Louis Crab Deli
- 6 oz. cooke fettucini
- 1 Tbsp. fres parsley, ch

Melt butter, stir in flour. Gradual half-and-half, stir until thickene Parmesan; cook and stir until sm Fold in Crab Delights, heat 3 mi occasionally. Toss fettucini with s sprinkle with parsley. Serve imm

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LOUIS KEMP. ALL YOU NEED TO KNOW ABOUT SEAFO

EEL-GOOD RECIPES

ntinued from page 167

Nutrition information per serving: *303 l., 10 g fat, 108 mg chol., 23 g pro., 30 carbo., 2 g fiber, 696 mg sodium. DA: 11% calcium, 20% iron, 11% t. A, 16% vit. C, 27% thiamine, 29% boflavin, 40% niacin.*

UICK POTATO-BEAN SALAD

bottled dressing and canned sliced otatoes make this colorful salad a inch to prepare—

- **1 16-oz. can sliced potatoes, rinsed and drained**
- **¼ cups garbanzo beans, rinsed and drained (about ¾ of a 15-oz. can)**
- **½ cup sliced celery**
- **¼ cup sliced pitted ripe olives**
- **2 Tbsp. sliced green onion**
- **¼ cup reduced-calorie Italian salad dressing**

• • •

- **½ cup cherry tomatoes, quartered**
- **2 yellow *or* green sweet peppers, halved and seeded, *or* lettuce leaves (optional)**

● **In a large bowl combine** the potaoes, garbanzo beans, celery, olives, nd onion. Add the salad dressing; oss gently to coat the vegetables. Cov- r and chill at least 2 hours.

● **At serving time,** stir in the cherry omatoes. Spoon salad mixture into he sweet pepper halves or serve on ettuce leaves, if desired. Makes 4 side- ish servings.

Nutrition information per serving: *164 al., 4 g fat, 1 mg chol., 5 g pro., 30 g arbo., 6 g fiber, 677 mg sodium. RDA: 1% iron, 174% vit. C, 10% thiamine, 1% niacin.*

AKED SOLE AND CORN SALSA

For an easy dessert, bake the Chocolate Chip Pears (see recipe, page 174) alongide the fish, if you like—

- **1 lb. fresh *or* frozen fish fillets (such as sole, flounder, *or* haddock), cut ½ inch thick**

lonstick spray coating

- **1½ cups salsa**
- **½ cup frozen whole kernel corn**

resh cilantro *or* parsley sprigs (optional)

● **Thaw fish, if frozen.** Spray a 2- uart rectangular baking dish with nonstick coating. Arrange fish in baking dish, turning under any thin edges.

● **In a small bowl combine** salsa and the frozen corn. Spoon over fish. Bake, uncovered, in a 375° oven about 20 to 25 minutes or till fish flakes easily with a fork.

● **Using a slotted spatula, transfer** fish and salsa topping to dinner plates. Garnish with cilantro, if desired. Makes 4 servings.

Microwave directions: Arrange fish in a microwave-safe 2-quart rectangular baking dish, turning under any thin edges. Combine salsa and corn; spoon mixture over fish. Cover dish with heavy clear plastic wrap, venting one corner. Micro-cook on 100% power (high) for 6 to 9 minutes or till fish flakes easily with a fork, rotating dish a half-turn after 3 minutes. Serve as directed. This recipe is not recommended for low-wattage ovens.

Nutrition information per serving: *130 cal., 3 g fat, 45 mg chol., 20 g pro., 9 g carbo., 0 g fiber, 398 mg sodium. RDA: 17% vit. A, 49% vit. C, 13% thiamine, and 21% niacin.*

SOUTHWEST COUSCOUS

Couscous, a tiny grain-like pasta, cooks up fast. To serve this side dish with the sole, start it about 10 minutes before the fish is done—

- **1 cup lower-sodium chicken broth**
- **¼ cup sliced green onion**
- **1 4-oz. can diced green chili peppers**
- **¼ tsp. ground turmeric**
- **⅛ tsp. pepper**
- **⅔ cup couscous**

● **In a small saucepan combine** broth, green onion, *undrained* chili peppers, turmeric, and pepper. Bring to boiling; remove from heat.

● **Stir in couscous.** Let stand, covered, for 5 minutes. Fluff with a fork before serving. Makes 4 side-dish servings.

Nutrition information per serving: *128 cal., 1 g fat, 0 mg chol., 5 g pro., 25 g carbo., 5 g fiber, 98 mg sodium. RDA: 17% vit. C.*

LENTIL AND BEAN CURRY SOUP

Keep these ingredients on hand so when you're short on time, you can stir this soup together fast. Look for lentil pilaf mix next to rice in your supermarket—

- **3 cups water**
- **1 14½-oz. can lower-sodium chicken broth (about 1¾ cups)**
- **1 6.75-oz. pkg. lentil pilaf mix**
- **1 Tbsp. curry powder**

• • •

- **½ cup frozen peas**
- **1 16-oz. can lower-sodium tomatoes, cut up**
- **1 15-oz. can great northern beans, rinsed and drained**

● **In a 4-quart Dutch oven combine** the water, broth, dry lentil mix and seasonings from packet, and curry powder. Bring mixture to boiling; reduce heat. Simmer, covered, for 30 minutes. Add peas; cook, uncovered, 5 to 10 minutes more or till lentils are tender. Stir in *undrained* tomatoes and beans; heat through. Makes 4 main-dish servings.

Nutrition information per serving: *388 cal., 2 g fat, 0 mg chol., 19 g pro., 68 g carbo., 1 g fiber, 1,157 mg sodium. RDA: 13% calcium, 32% iron, 31% vit. C, 32% thiamine, 35% niacin.*

PEPPERED WHOLE WHEAT LOAF

While the lentil soup is simmering, prepare this bubble-shaped bread loaf to serve with it—

- **1 Tbsp. milk**
- **1 tsp. butter-flavored sprinkles**
- **¼ tsp. seasoned pepper *or* herb pepper**

Nonstick spray coating

- **1 9-oz. pkg. (8) refrigerated multigrain biscuits**

● **For topping,** in a small bowl combine milk and butter-flavored sprinkles. Stir till dissolved. Stir in the seasoned pepper.

● **Spray a 7½x3½x2-inch loaf pan** or an 8x1½-inch round baking pan with nonstick coating. Using kitchen

continued on page 172



With kitchen shears or a knife, cut refrigerated biscuits in half crosswise, then randomly place them in the loaf pan, pressing the pieces together slightly.

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CRISCO CRISPY FRIED CHICKEN

- ¼ cup Crisco Oil
- ⅓ cup skim milk
- ⅔ cup all-purpose flour
- 1 tsp. paprika
- ¾ tsp. salt
- ½ tsp. garlic powder
- ½ tsp. pepper
- 4 whole chicken breasts, split and skinned (about 4 lbs.)

Heat Crisco Oil in large nonstick skillet on medium-high heat. Pour milk into shallow bowl. Combine flour, paprika, salt, garlic powder and pepper in large plastic food bag. Dip chicken into milk and then shake one piece at a time in flour mixture to coat. Fry chicken 25 minutes or until meat near the bone is no longer pink. Serves 8.

ORIENTAL SEAFOOD STIR-FRY

- 1 Tbsp. oil
- 1 pkg. Louis Kemp Crab Delights®
- 1-½ cups oriental vegetables or 10-oz. pkg. frozen oriental-style vegetables
- ½ tsp. garlic powder
- ½ tsp. ground ginger
- 2 Tbsp. low sodium soy sauce or seasoning packet from vegetables

Heat oil in large skillet until hot. Add Crab Delights and vegetables; cook and stir over medium high heat for 2 minutes. Add seasoning; stir well. Cook 1 minute more. Serve immediately. Serves 3.

CHICKEN CACCIATORE

- 6 boneless, skinless chicken breast halves (about 1-½ lbs.)
- ¼ cup all-purpose flour
- 2 Tbsp. olive oil
- 2 cups sliced fresh mushrooms
- 1-½ cups chopped onion
- 1 cup julienne-cut green bell pepper
- 2 large cloves garlic, minced
- 1-¾ cups (14-½ oz. can) CONTADINA® Recipe Ready Diced Tomatoes and juice
- ⅔ cup (6-oz. can) CONTADINA® Tomato Paste
- ½ cup water
- 2 tsp. Italian herb seasoning
- 1 tsp. salt
- ¼ tsp. pepper

Coat chicken pieces with flour. In 12-inch skillet, heat oil, brown chicken on both sides. Remove from heat. In skillet add mushrooms, onion, bell pepper and garlic. Sauté for 3 to 4 minutes. Stir in tomatoes and juice, tomato paste, water, Italian seasoning, salt and pepper. Return chicken to skillet; coat well with sauce. Cover; bring to a boil. Reduce heat; simmer gently for 10 minutes or until chicken is tender, turning once. Serves 6.

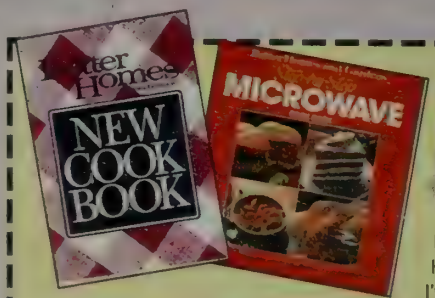
GARDEN HARVEST LASAGNA

- 2 medium zucchini, shredded
- 2 large carrots, shredded
- 2 Tbsp. olive oil
- 1 package (10 oz.) frozen chopped spinach, cooked and well-drained
- 2 pounds part-skim ricotta cheese
- 8 oz. part-skim mozzarella cheese, shredded
- 2 eggs, beaten
- Salt and pepper to taste
- Pinch nutmeg
- 1 jar (30 oz.) Ragu Chunky Gardenstyle SUPER MUSHROOM Pasta Sauce
- 12 lasagna noodles, cooked and drained
- ¼ cup grated Parmesan cheese

Preheat oven to 375° F. In a large skillet, sauté zucchini and carrots in olive oil until tender. Add spinach and thoroughly comb

In a medium bowl, thoroughly combine ric and mozzarella cheeses, eggs, salt, pepp and nutmeg.

Evenly spread 1/2 cup sauce in a 13 x 9-i baking dish. Layer 4 lasagna noodles, 1 c sauce, and half each of cheese and veget mixtures. Repeat layers, ending with lasa noodles and remaining sauce. Sprinkle w Parmesan cheese. Loosely cover and bak hour or until bubbly. Serves 8.



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- 1 lb. boneless, skinless chicken breasts
- 1 jar Ragú® Chicken Tonight™ Light Simmer Sauce - Honey Mustard
- 1 Tbsp. vegetable oil
- Hot cooked rice or pasta

Lightly brown chicken in a large skillet in 1 tablespoon vegetable Drain fat. Add jar sauce. Cover and simmer gently over low heat until thoroughly cooked — about minutes for boneless chicken. sauce and serve over chicken a rice or pasta. Serves 6.



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FEEL-GOOD RECIPES

continued from page 169

shears or a knife, cut each biscuit in half crosswise (do not cut biscuits in half if using a round baking pan). Place the biscuit halves randomly into the prepared loaf pan, pressing the biscuits together slightly (see photo on *page 169*). (If using a round baking pan, place one whole biscuit in the center and the remaining biscuits around the outside edge of the pan. Do not press together.) Brush biscuits with the pepper-and-milk mixture.

● **Bake biscuits in a 350° oven** for 20 to 25 minutes or till brown. Serve warm. Makes 1 loaf (6 servings).

Nutrition information per serving: *109 cal., 3 g fat, 0 mg chol., 3 g pro., 20 g carbo., 0 g fiber, 309 mg sodium.*

RED LEAF SALAD WITH HONEY VINAIGRETTE

Fix this simple salad while Lentil and Bean Curry Soup (see recipe, page 169) simmers—

4 cups torn red leaf lettuce
1 orange, peeled, sliced crosswise, and halved
1 apple, cut into bite-size pieces
½ of a small cucumber, thinly sliced
2 Tbsp. toasted chopped walnuts *or* dry roasted peanuts
1 recipe Honey Vinaigrette

● **Divide torn lettuce** among 4 salad plates. Top *each* serving with the orange slices, apple, cucumber, and nuts. Serve with Honey Vinaigrette. Makes 4 side-dish servings.

Honey Vinaigrette: In a screw-top jar combine ¼ cup *white wine vinegar,* 3 tablespoons *honey,* and 2 teaspoons *stone-ground mustard.* Cover; shake to mix well. Makes about ½ cup.

Nutrition information per serving: *124 cal., 3 g fat, 0 mg chol., 2 g pro., 26 g carbo., 3 g fiber, 41 mg sodium. RDA: 14% vit. A, 51% vit. C.*

HAM AND ASPARAGUS PASTA

Serve this nutrition gold mine with a mixed salad and Honey and Spice Fruit Compote (see recipe, page 174)—

¾ lb. fresh asparagus spears *or* one 10-oz. pkg. frozen cut asparagus
2 14½-oz. cans lower-sodium stewed tomatoes, cut up
1 Tbsp. dried parsley flakes
½ tsp. dried basil, crushed
½ tsp. dried oregano, crushed
⅛ tsp. ground red pepper (optional)
1 cup evaporated skim milk
10 oz. multicolored pasta, such as wagon wheel *or* corkscrew
6 oz. lean fully cooked ham, cut into bite-size strips
1 small red *or* green sweet pepper, cut into thin strips
Grated Parmesan cheese (optional)

● **Snap off and discard** the woody bases from the fresh asparagus, if using. Bias-slice asparagus into 1-inch pieces. (*Or,* thaw and drain the frozen cut asparagus.) Set aside.

● **For sauce,** in a medium saucepan combine stewed tomatoes, parsley, basil, oregano, and ground red pepper, if desired. Bring to boiling. Simmer the sauce, uncovered, about 15 minutes or till reduced to *2½ cups,* stirring occasionally. Add the evaporated milk all at once, stirring constantly. Heat mixture through; *do not boil.*

● **Meanwhile, prepare pasta** according to package directions *except* add the asparagus, ham, and sweet pepper to the boiling water during the last 4 minutes of cooking time. Drain pasta and vegetables.

● **To serve,** place pasta mixture on a serving platter. Spoon the sauce over the pasta. Serve with Parmesan cheese, if desired. Serve at once. Makes 4 or 5 main-dish servings.

Nutrition information per serving: *465 cal., 4 g fat, 15 mg chol., 27 g pro., 81 g carbo., 0 g fiber, 643 mg sodium. RDA: 32% calcium, 31% iron, 47% vit. A, 113% vit. C, 89% thiamine, 44% riboflavin, 45% niacin.*

TANGY BAKED CHICKEN

For a tasty brush-on sauce, mix together a bottled salad dressing and a few on-hand ingredients—

4 4-oz. boneless, skinless chicken breast halves
⅛ tsp. ground red pepper
¼ tsp. black pepper
¼ cup reduced-calorie Catalina salad dressing
1 Tbsp. Dijon-style mustard
1 tsp. Worcestershire sauce

● **Rinse chicken;** pat dry with paper towels. Combine the red and black peppers; rub over chicken breasts. Combine the salad dressing, mustard, and Worcestershire sauce. Lightly brush both sides of chicken breasts with some of the dressing mixture.

● **Place chicken** in a shallow baking dish or pan. Bake, uncovered, in a 375° oven for 20 to 25 minutes or till chicken is no longer pink. In a small saucepan heat any remaining dressing mixture just to boiling; serve with chicken. Makes 4 servings.

Nutrition information per serving: *145 cal., 4 g fat, 59 mg chol., 22 g pro., 4 g carbo., 0 g fiber, 280 mg sodium. RDA: 58% niacin.*

LEMON-PEPPER POTATOES

To serve this side dish with Tangy Baked Chicken, start baking the potatoes about 20 minutes before adding the chicken to the oven—

1 ½-oz. envelope butter-flavored mix
1 Tbsp. snipped fresh chives *or* sliced green onion tops
½ tsp. lemon-pepper seasoning
¼ cup water
1 lb. small red potatoes (6 to 8), cut into 1-inch pieces

● **In an 11x7x1½-inch baking pan** combine the butter-flavored mix, chives, and lemon-pepper seasoning. Stir in the water. Add the potatoes; toss to coat well.

● **Bake, uncovered,** in 375° oven for 45 to 50 minutes or till potatoes are tender and beginning to brown, stirring twice. Makes 4 side-dish servings.

Nutrition information per serving: *125 cal., 0 g fat, 0 mg chol., 2 g pro., 28 g carbo., 2 g fiber, and 314 mg sodium. RDA: 29% vit. C, 13% thiamine, and 12% niacin.*

HOT TURKEY SALAD

Save some of the honey-orange dressing—a mixture of mayonnaise, orange juice, and honey—to brush onto the turkey while it broils—

½ cup reduced-calorie mayonnaise *or* salad dressing
¼ cup orange juice
1 Tbsp. honey
½ tsp. dry mustard
Nonstick spray coating
2 turkey breast tenderloin steaks (½ lb. total)
4 cups purchased mixed salad greens (available in supermarket produce departments *or* salad bars)

continued on page 174

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¼ cup olive oil
6 cups vegetables (sliced yellow squash and zucchini; red pepper strips)
1 envelope GOOD SEASONS® Italian Salad Dressing Mix
¼ cup red wine vinegar

- Heat oil in large skillet on medium-high heat. Add vegetables; cook and stir until tender-crisp.
- Sprinkle salad dressing mix over vegetables; toss to coat well. Stir in vinegar until well mixed.
- Serve warm.

Makes 4 to 6 servings.

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FEEL-GOOD RECIPES

continued from page 172

1 cup seedless red grapes
6 to 8 large strawberries
1 kiwi fruit, peeled and sliced
1 yellow summer squash *or* small cucumber, sliced and halved

● **For dressing,** in a small bowl stir together mayonnaise or salad dressing, orange juice, honey, and mustard till combined. Remove *1 tablespoon* of the dressing. Cover and chill the remaining dressing.

● **Preheat broiler.** Spray an unheated rack of a broiler pan with nonstick coating. Place the turkey on the rack; brush the 1 tablespoon dressing over the turkey. Broil 4 inches from heat about 10 minutes or till no longer pink, turning once.

● **Meanwhile, arrange greens** on 2 dinner plates. Arrange grapes, strawberries, kiwi fruit, and squash or cucumber atop greens. Slice each turkey tenderloin crosswise into 5 or 6 pieces; place atop greens. Serve salad with the remaining chilled dressing. Store any leftover dressing in refrigerator for up to 1 week. Makes 2 servings.

Nutrition information per serving with 3 tablespoons dressing: *364 cal., 14 g fat, 50 mg chol., 25 g pro., 36 g carbo., 5 g fiber, 281 mg sodium. RDA: 16% calcium, 22% iron, 29% vit. A.*

MUSTARD FRENCH BREAD

Broil this bread alongside the turkey for Hot Turkey Salad (see recipe, page 172). Just pop it in the oven during the last half of the turkey's broiling time—

1 Tbsp. reduced-calorie mayonnaise *or* salad dressing
1 tsp. Dijon-style mustard
2 slices French bread
1 Tbsp. snipped parsley
2 tsp. grated Parmesan cheese

● **In a small mixing bowl combine** the mayonnaise or salad dressing and the mustard. Spread onto one side of the bread slices. Sprinkle tops with parsley and Parmesan cheese.

● **Arrange bread slices,** coated side up, on the unheated rack of a broiler pan. Broil about 5 inches from heat for 3 to 4 minutes or till golden. Serve warm. Makes 2 servings.

Nutrition information per serving: *136 cal., 5 g fat, 2 mg chol., 4 g pro., 18 g carbo., 1 g fiber, 350 mg sodium.*

PEPPERMINT ANGEL CAKE WITH FAT-FREE CHOCOLATE SAUCE

Our taste panel thought this minty dessert went well with zesty Cajun Chicken Burgers (see recipe, page 167)—

1 16-oz. pkg. angel cake mix
10 striped, round peppermint candies, finely crushed (⅓ cup)
1 recipe Fat-Free Chocolate Sauce
Striped round peppermint candies, crushed (optional)

● **Prepare cake mix** batter according to package directions. Gently fold in the crushed candies. Pour batter evenly into an *ungreased* 10-inch tube pan. Gently cut through cake batter with a knife or narrow metal spatula (to remove any air pockets).

● **Bake cake according** to package directions. Immediately invert baked cake in the pan and cool completely. Using a narrow spatula, loosen the sides of the cake from the pan. Remove cake from pan.

● **To serve, slice the cake** and spoon warm chocolate sauce over each serving. Sprinkle with additional crushed peppermint candies, if desired. Chill any remaining sauce; rewarm before serving on leftover cake. Serves 12.

Fat-Free Chocolate Sauce: In a small saucepan stir together ¾ cup *sugar,* ⅓ cup *unsweetened cocoa powder,* and 4 teaspoons *cornstarch.* Add ½ cup *evaporated skim milk.* Cook and stir constantly over medium heat till sauce is thickened and bubbly. Cook and stir for 2 minutes more. Remove from heat. Stir in 1 teaspoon *vanilla.* Cool sauce slightly.

Nutrition information per serving: *228 cal., 0 g fat, 0 mg chol., 6 g pro., 51 g carbo., 0 g fiber, 156 mg sodium. RDA: 14% calcium, 13% riboflavin.*

HONEY AND SPICE FRUIT COMPOTE

Served warm or cold, this fruit dessert is delicious. But don't forget the topping—it's wonderful too!

1 8-oz. pkg. mixed dried fruit
½ cup light *or* dark raisins
2 cups water
3 Tbsp. orange juice *or* apple juice
1 Tbsp. honey
1 tsp. cornstarch
½ tsp. apple-pie spice
1 recipe Sour Cream Topping
Ground nutmeg (optional)
Lemon peel curl (optional)

● **Cut up any large pieces** of dried fruit. In a medium saucepan combine dried fruit, raisins, and water. Heat to boiling; reduce heat. Cook, covered, about 12 minutes or till fruit is just tender, stirring once or twice.

● **Stir together** the juice, honey, cornstarch, and apple-pie spice. Stir into fruit mixture. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more. Serve immediately or chill till serving time.

● **To serve, top each serving** with Sour Cream Topping. Sprinkle with nutmeg and garnish with lemon peel curl, if desired. Makes 6 servings.

Sour Cream Topping: In a small bowl combine ⅔ cup *lower-fat dairy sour cream,* ¼ cup packed *brown sugar,* and 1 teaspoon *vanilla.* Cover; chill till serving time.

Microwave directions: In a 1½-quart microwave-safe round casserole combine the mixed dried fruit, raisins, and water. Micro-cook fruit mixture, covered, on 100% power (high) for 4 to 6 minutes (low-wattage ovens: 8 to 10 minutes) or till fruit is just tender, stirring once or twice.

Stir together the juice, honey, cornstarch, and apple-pie spice. Stir into fruit mixture. Micro-cook, uncovered, on high for 4 to 6 minutes (low-wattage ovens: 6 to 8 minutes) or till thickened and bubbly, stirring every 30 seconds. Cook 1 minute more. Serve immediately or chill till serving time. Serve as directed.

Nutrition information per serving: *20[illegible] cal., 1 g fat, 2 mg chol., 2 g pro., 50 [illegible] carbo., 1 g fiber, 29 mg sodium. RDA [illegible] 14% vit. A, 12% iron.*

CHOCOLATE CHIP PEARS

This is a fun way to enjoy a classic combination—baked pears with chocolate. Simply sprinkle the warm pears with mini chocolate chips—

4 medium pears
2 Tbsp. lemon *or* lime juice
2 tsp. vanilla
½ tsp. ground cinnamon
¼ cup miniature semisweet chocolate pieces

● **Core pears from bottom end,** leaving stem intact. Using a vegetable peeler, peel strips at ½-inch intervals starting at the top (see photo, *page 177).* If necessary, cut a thin slice from bottoms to help pears stand upright.

continued on page 17[illegible]

When it comes to fat, today's pork cuts it.

Today's pork is 31% leaner than just ten years ago. Good news for those of you concerned about fat. Pork has cut calories and cholesterol, too. In fact, now it has 14% fewer calories and 10% less cholesterol than before.

But one thing hasn't been cut. The taste. Pork adds a great flavor to just about every kind of dish. It trims cooking time, too. Broiled Teriyaki Chops take under 20 minutes to make and an hour to marinate.

For more pork recipes, send a self-addressed, stamped business-size envelope to: RECIPES-AD, BOX 10383, Des Moines, IA 50306.



Broiled Teriyaki Chops.

(Serves 4) Cal. 186, Fat: 6.9 gm., Chol: 70 mg.



Combine 2 T. Teriyaki sauce, 1 T. each brown sugar and minced green onion, and 1 t. lemon juice.



Marinate four, 1 in. thick, boneless pork chops in mixture, in refrigerator, 1-2 hours. Remove, keep marinade.



Place chops on broiler rack. Broil 5-6 in. from heat 12-15 min. Brush with marinade. Turn once.



You'll know they're perfectly cooked when a meat thermometer inserted registers 160°.

pork

The Other White Meat.®

America's Pork Producers

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In cooperation with the National Pork Board



NOW, THE ONLY HARD PART ABOUT MAKING GREAT CHEESECAKE
IS READING THAT TINY TYPE ON YOUR MEASURING SPOONS.

The Philly® 3-Step PHILADELPHIA CREAM CHEESE Cheesecake Recipe.

10 Minutes To Prep In 3 Simple Steps.

It's Hard To Resist Something



FEEL-GOOD RECIPES

continued from page 174

● **Place pears on sides** in a 2-quart square baking dish. Stir together lemon or lime juice, vanilla, and cinnamon. Brush onto pears. Pour any extra lemon juice mixture over pears.

● **Bake, covered, in a 375° oven** for 30 to 35 minutes or till pears are tender. Uncover; spoon any extra liquid over pears.

● **To serve,** place warm pears upright on dessert plates. Holding each pear by the stem and tipping slightly, sprinkle the sides of each pear with *1 tablespoon* chocolate pieces, turning the pear as you sprinkle. Serve warm. Makes 4 servings.

Microwave directions: Prepare pears and juice mixture as directed. Brush pears with juice mixture. Place pears in a microwave-safe baking dish. Pour extra juice mixture over pears. Cover with waxed paper. Micro-cook, covered, on 100% power (high) for 4 to 6 minutes (low-wattage ovens: 8 to 10 minutes) or till tender, turning pears over halfway through cooking. Serve as directed.

Nutrition information per serving: *157 cal., 4 g fat, 0 mg chol., 1 g pro., 34 g carbo., 4 g fiber, 2 mg sodium.*



Hold the pear in one hand and use a vegetable peeler to peel off the pear skin in long vertical strips at about ½-inch intervals.

GINGERBREAD WITH LUSCIOUS LEMON CREAM

Add crystallized ginger, found with the spices in most supermarkets, to a gingerbread mix for double-ginger zip. If you like, try the blueberry sauce too—

1 15-oz. pkg. whole wheat *or* regular gingerbread mix
1⅓ cups skim milk
2 egg whites *or* ¼ cup frozen egg product, thawed
2 Tbsp. finely chopped crystallized ginger
Nonstick spray coating
12 bear-shaped graham snack cookies (optional)

● **In a medium mixing bowl combine** gingerbread mix, milk, and egg whites or egg product. Beat with an electric mixer on low to medium speed till combined. Beat on high speed for 3 minutes more. Stir in *1 tablespoon* of the crystallized ginger.

● **Spray a 9x9x2-inch baking pan** with nonstick coating. Pour batter into pan, spreading evenly. Bake according to package directions. Cool slightly on a rack. To serve, cut cake into squares. Top each serving with some of the lemon cream mixture or blueberry sauce, remaining crystallized ginger, and a cookie, if desired. Makes 12 servings.

Luscious Lemon Cream: In a small bowl stir together ⅓ cup lower-fat *lemon yogurt* and ⅓ cup lower-fat *dairy sour cream.* Cover and chill till serving time. Makes ⅔ cup.

Blueberry Sauce: In a small saucepan stir together 3 tablespoons *sugar* and 1½ teaspoons *cornstarch.* Stir in 3 tablespoons *water* till well mixed. Add 1 cup fresh or frozen *blueberries.* Cook and stir blueberry mixture till thickened and bubbly. Cook and stir for 2 minutes more. Remove sauce from heat. Slightly crush some of the blueberries with the back of a spoon. Serve sauce warm. Makes ¾ cup.

Nutrition information per serving with lemon cream: *150 cal., 4 g fat, 2 mg chol., 4 g pro., 26 g carbo., 2 g fiber, 34 mg sodium. RDA: 10% calcium.*

ORANGE-SPICE POT ROAST

Long, slow cooking tenderizes tougher cuts of meat. Beef chuck is a good choice here because it's leaner and cheaper than some other pot roasts—

1 2- to 2½-lb. boneless beef chuck arm pot roast
Nonstick spray coating
3 inches stick cinnamon, broken
6 whole cloves
3 medium sweet potatoes (about 1 lb.) *or* one 18-oz. can vacuum-packed sweet potatoes, drained

continued on page 179

THE PHILLY® cream cheese
3-STEP CHEESECAKE RECIPE.

10 MINUTES TO PREP IN 3 SIMPLE STEPS.

MIX

◆ 2 (8 oz.) pkgs. PHILLY cream cheese, softened*
◆ ½ cup sugar
◆ ½ teaspoon vanilla (at medium speed until well blended)
◆ Blend in 2 eggs

POUR

batter into a ready-to-use 9" graham cracker pie crust (6 oz.). No springform pan needed.

BAKE

at 350°F. for 40 minutes, or until center is almost set. Cool. For best results refrigerate for 3 hours. Then top with assorted fresh fruit. 8 servings.

*or use Light PHILLY.®



For The Ultimate Philly Cheesecake Cookbook, including 40 incredible recipes and $2 worth of ingredient coupons, call 1-800-847-9400, today. $2.95 per Cookbook. Visa or MasterCard Accepted.



With Our Pasta Ready Diced Tomatoes, Some Of The Best Italian Cooking Requires No Cooking At All.



The No-Recipe Recipe

1. Cook pasta.
2. Toss with Contadina Pasta Ready Diced Tomatoes.
3. Serve.

Simple cooking is a way of life in Tuscany, Italy. Now, with the help of the Casa Buitoni, our culinary arts center in Tuscany, Contadina brings this popular cooking style home to you. With a unique combination of diced, vine-ripened tomatoes marinated in olive oil, basil and garlic, Contadina Pasta Ready Diced Tomatoes are delicious right out of the can. Simply toss with hot pasta and serve.

Look for Contadina® Pasta Ready™ Diced Tomatoes in the canned tomato section of your supermarket. È delicioso.

DALLA CASA BUITONI

Contadina

Share The Italian Love Of Foo

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EEL-GOOD RECIPES

ontinued from page 177

1 lb. turnips *or* rutabagas, peeled and cut into 1-inch pieces
1 medium onion, sliced and separated into rings
3 Tbsp. quick-cooking tapioca
⅓ cup frozen orange juice concentrate, thawed
¼ cup light corn syrup
½ tsp. salt

• Trim as much fat as possible from he pot roast. If necessary, cut the oast to fit into a 3½- or 4-quart elec- ic slow crockery cooker. Spray a old large skillet with nonstick coat- ng. Heat skillet over medium-high eat. Brown roast on all sides in the ot skillet.

• Place cinnamon and cloves on a louble thickness of 100%-cotton heesecloth. Gather up the edges and ie with a string. Place the spices in the rockery cooker.

• If using fresh sweet potatoes, vash, peel, and cut off woody portions nd ends. Cut sweet potatoes into quarters. Place fresh sweet potatoes, urnips, and onion in crockery cooker. If using canned sweet potatoes, do ot add them to cooker at this point.) Sprinkle tapioca over vegetables.

• In a small bowl stir together orange uice concentrate, corn syrup, and alt; pour over vegetables in cooker. Place roast atop vegetables. (If using anned sweet potatoes, place them top roast.) Cover; cook on the low- eat setting for 10 to 12 hours or on he high-heat setting for 5 to 6 hours.

• Transfer roast and vegetables to a erving platter. Skim fat from cooking uices (if necessary). Discard spice ag. Pass the cooking juices with the eat. Makes 6 servings.

Nutrition information per serving: *336 al., 9 g fat, 96 mg chol., 33 g pro., 31 g arbo., 0 g fiber, 285 mg sodium. RDA: 29% iron, 161% vit. A, 72% vit. C.*

Microwave Note

Our microwave recipes are tested n a variety of microwave ovens, ncluding high-wattage (600 to 700 watts) and low-wattage (400 o 500 watts) ovens. If the low- wattage cooking times differ from he high-wattage times, they ap- pear in parentheses.

HIGH-FIBER BREAKFAST CHOICES

A feel-good day begins with breakfast. Cereals, whole-grain breads, and fruits play starring roles at breakfast time and are one of the easiest ways to get more fiber into your diet. This chart will help you make high-fiber breakfast choices to get your day started off right.

FOODS	*Grams of fiber (approx.)*
Cereals *(about 1 oz.)*	
Whole bran cereal (⅓ cup)	8.5
100% bran cereal (½ cup)	8.4
Bite-size bran squares cereal (½ cup)	4.6
Sweetened oat and bran cereal (½ cup)	4.3
40% bran flakes (¾ cup)	4.0
Granola, homemade (¼ cup)	3.0
Raisin bran (½ cup)	3.0
Oatmeal (¾ cup cooked)	3.0
Shredded wheat (1 biscuit)	2.2
Wheat flakes (1 cup)	2.0
Corn grits (1 cup)	0.6
Bread Items	
Oat-bran and raisin muffin	5.2
Whole wheat bread (1 slice, toasted)	2.7
Bran muffin, homemade	2.5
Oat-bran English muffin (1 whole)	2.0
Plain English muffin, toasted (1 whole)	1.5
Plain bagel (1 whole)	1.2
Waffles, frozen (1 4-in. square)	0.9
White bread (1 slice, toasted)	0.6
Fruit	
Figs (3)	6.0
Dried prunes (½ cup)	5.5
Dried apricots (½ cup)	5.1
Pear (1 med.)	3.9
Raisins (½ cup)	3.8
Orange (1 med.)	3.1
Dates (5)	3.0
Apple (1 med., with skin)	3.0
Raspberries (½ cup)	2.8
Peach (1 med.)	2.4
Strawberries (½ cup)	1.9
Banana (1 med.)	1.8
Cantaloupe, cubed (1 cup)	1.3
Orange juice (½ cup)	1.0
Grapefruit (½ of a medium)	1.0

Sources include USDA handbook and other government sources. B&G

Cook Up Some Excitement With Everyday Foods. It's As Easy As:

1.



Mrs. Dash's 14 herbs and spices give foods a livelier, zestier flavor. See for yourself with Mrs. Dash's cooking suggestions on this and the next two pages.



Tuna With A Twist

Just add a tablespoon or two of Mrs. Dash Lemon & Herb salt-free seasoning to your favorite tuna recipe for a more savory favorite. For grilled fish, brush each fillet with oil and sprinkle Mrs. Dash Lemon & Herb liberally on each side 20 minutes before cooking.



For more recipes and usage suggestions for Mrs. Dash, call 1-800-622-DASH.

A Garden *of* Flavors.

Instead of Salt.

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MAKE-IT-EASY CHICKEN MEXICAN CHICKEN ITALIAN CHICKEN CHICKEN RATATOUILL

SOUTHERN STYLE CHICKEN
HARVEST COUNTRY CHICKEN
EASY STUFFED CHICKEN
CHICKEN WITH PEPPERS AND BEANS
ITALIAN CHICKEN



Reynolds® Oven Cooking Bags

Simply The Best Way To Cook Chicken.



For the easiest chicken ever, start with a Reynolds® Oven Cooking Bag. Everything cooks right in the bag, so there are no skillets or pans to fuss over, no messy clean-up. And your chicken always turns out just right. For more everyday favorites to try, write The Reynolds Wrap Kitchens, P.O. Box 85583, Dept. A-181, Richmond, VA 23285-5583.



Italian Chicken

1 Reynolds Oven Cooking Bag, large size (14" x 20")
2 tablespoons flour
1 (14 oz.) jar of your favorite spaghetti sauce
4 bone-in chicken breast halves, skin removed
1 medium green pepper, coarsely chopped
1 (8 oz.) pkg. of your favorite pasta, cooked

Preheat oven to 350°F. Shake flour in bag; place in 13x9x2-inch baking pan. Add spaghetti sauce to bag. Squeeze bag to blend ingredients. Add chicken and green pepper to bag. Turn bag to coat chicken with sauce. Arrange chicken in even layer. Close bag with nylon tie; cut 6 half-inch slits in top. Bake until tender, 35 to 40 minutes. Serve over hot pasta. VARIATION: For 4 skinless, boneless chicken breast halves, subtract 10 minutes. For 8 skinless chicken pieces, add 10 minutes. Serves 4. Per serving: 386 calories, 7 grams fat (17% total calories).

Real Cooking. Why Make It Tough?



CHICKEN THIGHS WITH VEGETABLE STUFFING

EASY CHICK

DRIED MUSHROOMS WHET APPETITES

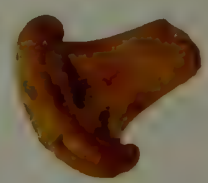
Despite their shriveled appearance, dried mushrooms swell into tender, flavorful morsels—ready to toss into pasta, stir-fries, soups, or sauces. Simply soak them in warm water for half an hour. Then rinse, squeeze, and cook them in recipes as you would fresh mushrooms. (Do not use rehydrated mushrooms in salads or no-cook recipes.)

Dried mushrooms have a stronger flavor than fresh ones, so use fewer. This helps them go further, which offsets their higher-than-fresh price. Once bought, they store up to six months in a cool, dry place. Look for these delicacies in specialty food shops or order by calling East Coast Exotics at 800/325-0664 or Frieda's by Mail at 800/241-1771. Choose from:



Oyster: Named for their oyster-shell-like shape, these Oriental mushrooms have a delicate flavor. Try them in seafood dishes (especially with scallops), stir-fries, and creamy sauces.

Chanterelle: (shant uh REL) With a flowerlike shape and golden color, these look like trumpets when rehydrated. Their flavor can vary from spicy and meaty to like apricots or almonds. Sauté in butter for omelets and sauces.





Wood ear: Otherwise known as tree ears, these brown, wrinkly, ruffled mushrooms taste like water chestnuts and have a crisp texture. Use wood ears in Oriental dishes or in meat and poultry entrées.

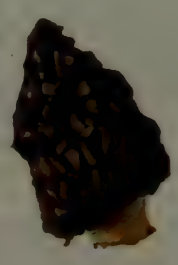
Shiitake: (shee TAH kay) These Japanese mushrooms, with their large, floppy caps, are also called black forest or golden oak mushrooms. Their nutty flavor complements red meats, soups, stews, appetizers, and stir-fries.





Cèpe: (sehp) Also called porcini, these Italian mushrooms can range in color from white to reddish brown. Their rich, hazelnut or anise flavor works well in pasta, chicken, and fish dishes.

Morel: The elongated caps of these mushrooms look like sponges with veins. Their rich, meaty flavor is prized in meat and poultry dishes, vegetables, stuffings, soups, and sauces. BH&G



2.



Mrs. Dash Garlic & Herb seasoning gives pasta some pizzazz.



Whether you're having steaming linguine with red sauce, a cold fusilli salad–or anything in between–a tablespoon or two of Mrs. Dash Garlic & Herb adds a richness, texture and flavor that makes a delicious difference. Mrs. Dash Garlic & Herb is great for meatballs too. Use 1/2 to 1 teaspoon per 4 ounces of ground meat in your favorite recipe.

For more recipes and usage suggestions for Mrs. Dash, call 1-800-622-DASH.



A Garden *of* Flavors.

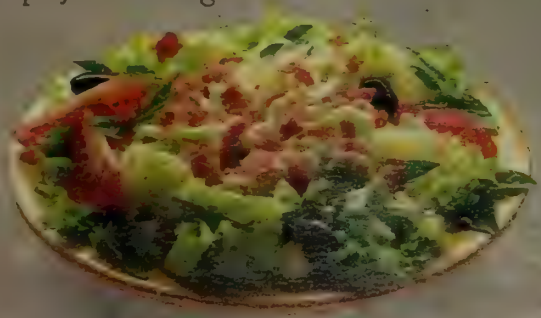
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Salads are much more flavorful when you add the great taste of Hormel Real Bacon Bits and Hormel Real Bacon Pieces. And, they can do wonders for casseroles, baked potatoes, omelets, pizza, you name it. So try some on your creations today. Our suggestions are just the tip of the iceberg.





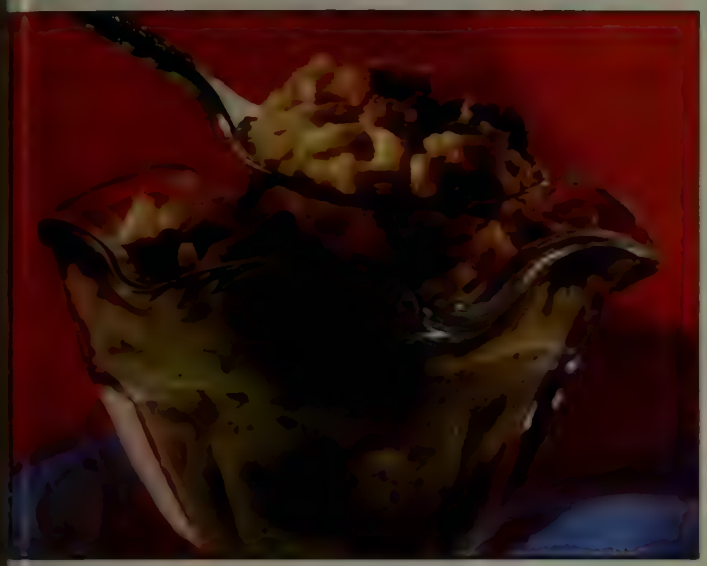
REAL BACON ADDS REAL TASTE.™

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Hormel

THIS GOOD

MICRO-BAKED RICE PUDDING



Sprinkled with bits of your favorite dried fruit, this microwavable rice pudding is tops.

Ah-h-h. Savor the aroma and taste of warm-from-the-oven rice pudding. With today's conveniences, you'll have pudding in minutes. If you use quick-cooking rice and the microwave oven, your taste buds won't have to wait long to sample this memorable fruit-and-spice pudding.

FRUIT 'N' RICE PUDDING

Cut the cooking time in half for making good old-fashioned rice pudding by using the microwave oven—

- **1½ cups milk**
- **⅔ cup quick-cooking rice**
- **¼ cup sugar**
- **2 Tbsp. margarine *or* butter**
- **2 eggs**
- **¼ cup light raisins, dried cherries, *or* snipped dried apricots**
- **½ tsp. vanilla**
- **¼ tsp. ground cinnamon, ginger, *or* cardamom**
- **1½ cups water**
- **Milk *or* light cream (optional)**

In a 1-quart microwave-safe casserole combine the milk, *uncooked* quick-cooking rice, sugar, and margarine or butter. Cook, uncovered, on 100% power (high) for 3 to 5 minutes or just to boiling, stirring once to dissolve the sugar.

In a small mixing bowl beat the eggs with a fork. Gradually stir *1 cup* of the hot mixture into the beaten eggs. Return all of the mixture to the casserole. Stir in the fruit, vanilla, and cinnamon, ginger, or cardamom. Set mixture aside.

Meanwhile, in a 4-cup measure heat water, uncovered, on high for 3 to 5 minutes or till boiling. Place the filled casserole in an 8x8x2-inch microwave-safe baking dish. Pour the boiling water into the baking dish around the casserole (should be a depth of about 1 inch).

Cook, uncovered, on 50% power (medium) for 4 minutes; stir. Continue cooking for 4 to 6 minutes or till pudding tests done (a knife inserted 1 inch from the edge comes out clean). The top may still appear wet. Cover the pudding surface with plastic wrap or waxed paper; let stand on a wire rack for 15 minutes. If desired, serve warm or chilled with milk or light cream. Sprinkle with additional *cinnamon,* if desired. Makes 4 servings.

Nutrition information per serving: *274 calories, 10 g fat, 115 mg chol., 8 g pro., 39 g carbo., 1 g dietary fiber, and 146 mg sodium. RDA: 17% calcium, 21% vitamin A, 15% thiamine, and 26% riboflavin.* B&G

3.



Sprinkle Mrs. Dash Extra Spicy seasoning to give your next pizza some extra zing.



For more recipes and usage suggestions for Mrs. Dash, call 1-800-622-DASH.



A Garden *of* Flavors.

Instead of Salt.

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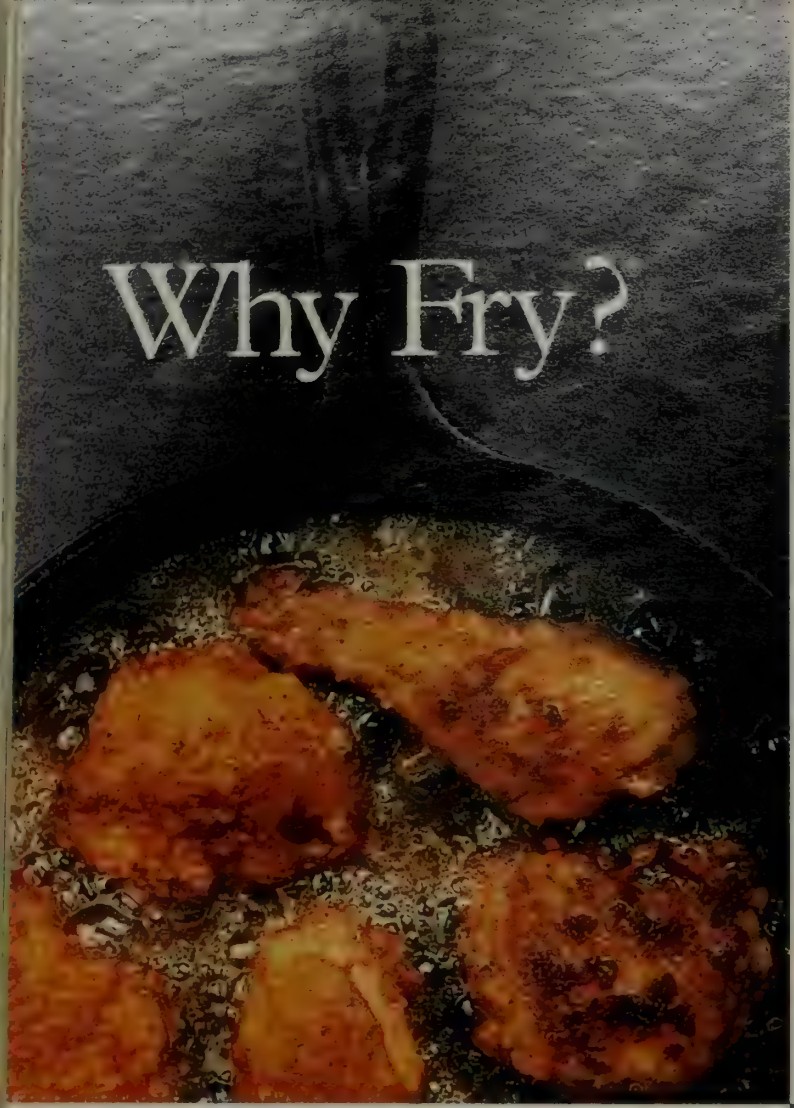
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POULTRY

Whole birds: Choose plump, meaty birds with smooth, clean skin that is free of pinfeathers and bruises. Look for a Grade A inspection mark.

Fillets or pieces: For pieces with skin, avoid those with pinfeathers and bruises. For skinless pieces, be sure the package is not leaking and that there is no off odor.

FISH AND SEAFOOD

Whole fish: Look for eyes that are clear and bright (not sunken), gills that are bright red or pink, skin that is shiny and elastic, and scales that are tightly in place.

Fish fillets and steaks: Look for fish that is kept on ice. It should have a mild smell, not a strong fishy odor. Make sure fish is moist throughout, with no drying around the edges.

Scallops: Select firm, fresh scallops in a thin (not thick), cloudy liquid. They should smell sweet. Spoiled scallops have a strong sulfur odor.

Shrimp: Pick fresh shrimp that are moist and firm, with translucent flesh and a fresh aroma (not an ammonialike smell). Cooked shrimp should be firm with pink and white flesh.

DAIRY AND EGGS

Cheese: Touch, smell, inspect, and, if possible, taste cheese before buying. It should have pliable edges and even coloring. If the package is wet and sticky, or if the cheese has shrunk in the rind, don't buy it. Avoid cheese

FOOD

FRESHEST FINDS IN THE MARKET

The fresher the food, the better the flavor, *and* the greater the nutritional value. That's why it pays to use these fresh hints when shopping.

MEATS

Beef: Check to see that beef is a bright red to deep red color. Avoid ground beef that has any gray or brown patches or an off odor.

Lamb: Pick lamb that has a pinkish red color and a thin layer of firm, white fat surrounding it.

Pork: Select fresh pork that is light pink. Smoked pork will be firmer and a slightly darker shade of pink.

Ham: Look for rosy pink ham that has a finely grained texture. Iridescence on the surface of the meat has no effect on quality. Press the ham gently to see that it feels firm, not spongy.





with dry and cracked edges, uneven texture or coloring, unpleasant odors, off flavors, or mold (blue cheeses should have veins of mold).

Eggs: Choose clean, fresh eggs from refrigerated display cases. Inspect your carton for dirty, cracked, or leaking eggs.

VEGETABLES

Look for plump, crisp, brightly colored vegetables. They should be heavy for their size, a sign that indicates moistness. They should also be free of shriveling, mold, cuts, or other blemishes.

Artichokes: Pick firm globes with large, tightly closed leaves. Darkened leaves do not affect the quality.

Asparagus: Choose firm, straight stalks with compact, closed tips. Avoid stalks that are either very thin (less than ⅛ inch) or very thick (more than ½ inch), because they may be stringy.

Green beans: Find long pods that snap crisply when you bend them.

Broccoli: Look for firm, tender stalks bearing small, crisp leaves. The dark green buds should be tightly closed and show no sign of flowering.

Corn: Check for bright, green husks and well-filled, even rows of plump kernels.

Mushrooms: Pick plump, firm mushrooms with closed caps. Avoid those with open caps or spots.

Potatoes: Find firm, smooth potatoes with shallow eyes. Avoid those with sprouts or patches of green.

FRUITS

Fruits should be plump, tender, brightly colored, and heavy for their size. They should also be free from mold, mildew, bruises, cuts, or other blemishes. To ripen apricots, plums, peaches, nectarines, pears, or tomatoes, place them in a paper bag and let stand at room temperature for a few days. Store ripe fruit (except tomatoes) in the refrigerator. Follow these hints for selecting fruits.

Apricots, plums, peaches, nectarines, and pears: Pick plump, slightly firm fruit, that are not too firm, excessively soft, or bruised.

Avocados: Choose firm-ripe avocados that yield to gentle pressure for slicing and chopping. Very ripe avocados that feel soft are perfect for guacamole.

Melons: Smell the fruit. It should be sweet scented, heavy for its size, and well shaped.

Strawberries: Select plump, red berries with bright green caps.

Tomatoes: Look for well-shaped, plump, firm tomatoes. For best quality, keep at room temperature.

CHECK THAT DATE

Look for "sell-by," "use-by," or other dates on dairy products, meats, and some packaged products. Select packages dated furthest into the future and be sure you have ample time to use them. Avoid any products that are beyond the stamped "use-by" date. Some foods, such as canned goods, may not display a date because they stay fresh for a long time.



MEATLESS MEALS IN MINUTES

Eating a meatless meal at least once a week makes good sense. Meat-free recipes are generally low in fat and cholesterol, and are economical. Pop either of these meatless dishes into the microwave, and serve your family a convenient, healthful meal.



Serve these vegetable-packed dishes with a tossed salad and crusty bread for a quick, complete meal.

MEXICAN MACARONI

Jalapeño pepper gives this cheesy dish a zesty Mexican pick-up—

- **2 Tbsp. margarine *or* butter**
- **2 Tbsp. all-purpose flour**
- **2 cups skim milk**
- **2 cups uncooked elbow macaroni (7 oz.)**
- **½ cup thinly sliced red *or* green sweet pepper strips**
- **½ cup sliced green onion**
- **1 to 2 jalapeño peppers, finely chopped (1 to 2 Tbsp.)**
- **¼ tsp. ground white pepper**
- **Few dashes bottled hot pepper sauce**
- **1 cup shredded sharp cheddar cheese *or* American cheese, cubed (8 oz.)**
- **1 medium tomato, chopped**
- **¼ cup sliced pitted ripe olives**

Place the margarine or butter in a 2-quart casserole. Micro-cook, uncovered, on 100% power (high) 30 to 60 seconds or till melted. Stir in flour; cook on high 1 minute. Stir in milk and 1½ cups *water*. Cook, uncovered, on high for 8 minutes, stirring once.

Stir in *uncooked* macaroni, sweet pepper, onion, jalapeño peppers, white pepper, hot pepper sauce, and ¼ teaspoon *salt*. Cover with lid or vented plastic wrap. Cook on 50% power (medium) for 10 minutes, stirring once. Stir in the cheese. Cook, covered, on 30% power (medium-low) for 4 to 6 minutes or till the macaroni is tender, but still firm. Let stand, covered, for 10 minutes or till creamy. Before serving, top with tomato and olives. Makes 4 main-dish servings.

Nutrition information per serving: *456 cal., 17 g fat, 32 mg chol., 20 g pro., 56 g carbo., 2 g fiber, 411 mg sodium. RDA: 48% calcium, 16% iron, 42% vit. A, 55% vit. C, 12% thiamine, and 27% riboflavin.*

Note: *This recipe is not recommended for low-wattage ovens.*

MOROCCAN BEAN AND VEGETABLE CHILI

This cooks in less than 20 minutes—

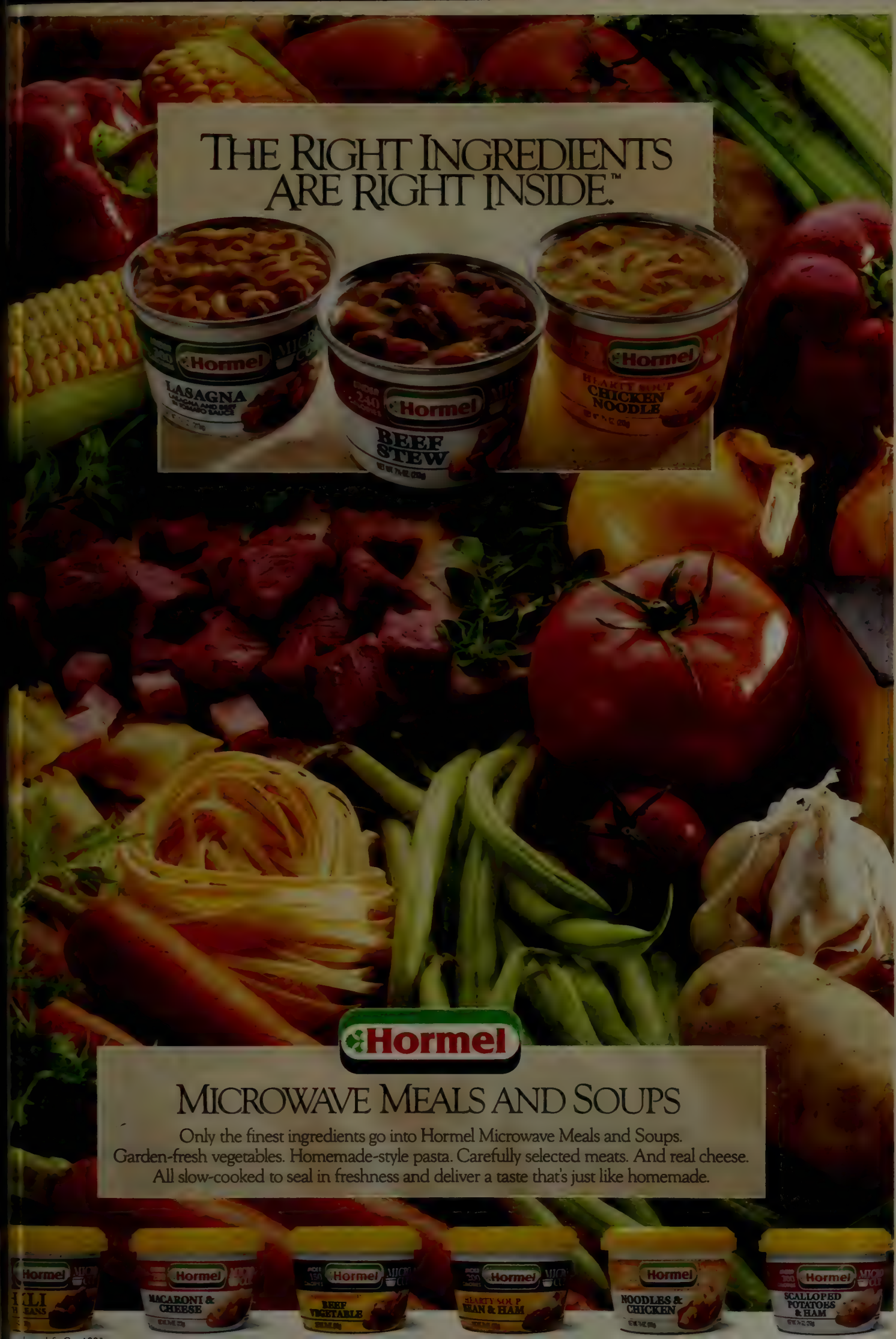
- **½ cup chopped onion**
- **1 cup thinly sliced carrot**
- **1 small yellow *or* green sweet pepper, cut into ½-inch pieces (½ cup)**
- **2 tsp. chili powder**
- **¾ tsp. ground cinnamon**
- **1 16-oz. can tomatoes, cut up**
- **1 15-oz. can great northern, kidney, *or* pinto beans, drained**
- **⅓ cup raisins**
- **Hot cooked couscous**
- **½ cup peanuts**

In a 2-quart casserole combine onion, carrot, sweet pepper, chili powder, cinnamon, 2 tablespoons *water*, and ¼ teaspoon *salt*. Cover with lid or vented plastic wrap. Micro-cook on 100% power (high) for 4 to 6 minutes (low-wattage oven: 5 to 7 minutes) or till carrot is just tender, stirring once.

Add *undrained* tomatoes, beans, and raisins. Cover and cook on high for 5 to 7 minutes more (low-wattage oven: 8 to 10 minutes) or till heated through, stirring once. Serve with couscous; sprinkle with peanuts. Makes 4 main-dish servings.

Nutrition information per serving: *384 cal., 10 g fat, 0 mg chol., 17 g pro., 63 g carbo., 11 g fiber, 442 mg sodium. RDA: 16% calcium, 23% iron, 135% vit. A, 55% vit. C, 28% thiamine, and 40% niacin.*

Recipes by Pat Baird, registered dietitian and author of *QUICK HARVEST, A Vegetarian's Guide to Microwave Cooking* (Prentice Hall Press, 1991).


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Béchamel *(bay shuh MEL)* A basic white sauce made with butter or margarine, flour, and milk or cream. Often other ingredients, such as cheese or herbs, are added as a sauce variation.

Bisque *(BISK)* A smooth, cream-style soup usually made with shellfish, such as shrimp or lobster, and cream. Bisque also can be made with poultry or vegetables.

Bouillabaisse *(BOO yah BESS)* A flavorful fish soup or stew traditionally made with a variety of fish and shellfish. Bouillabaisse also usually contains tomato, garlic, herbs, wine or cognac, and saffron.

Bouquet garni *(boo KAY gar NEE)* A bundle of aromatic herbs simmered in soups and stews, stocks, and poaching liquids. In French cooking, a bouquet garni generally includes thyme, parsley, and bay leaf.

Champignon *(sham pi NYON)* Edible mushrooms.

Consommé *(kon so MAY)* A strong, flavorful stock made by simmering meat or poultry till reduced and concentrated in flavor.

Crème *(KREM)* Cream.

Fricassee *(FRIC uh see)* Poultry or meat that is browned in butter or fat, then simmered in a liquid or sauce.

Fromage *(fro MAHZH)* Cheese.

Roux *(ROO)* A mixture of flour and butter, margarine, or cooking oil that is cooked and used for thickening in sauces and gravies.

Vichyssoise *(vish ee SWAHZ)* Pureed soup usually made from potatoes and leeks cooked in chicken broth. It is generally served chilled.

FOOD

GUIDE TO FRENCH COOKING TERMS

We Americans have borrowed many favorite dishes and cooking methods from the French, adopting the sometimes mystifying French terms that go with them. Count on this glossary for help in pronouncing and understanding common French cooking terms.

Au gratin *(oh GRAHT uhn)* A dish that has been sprinkled with bread crumbs or grated cheese and cooked in a hot oven or under the broiler to form a crisp golden crust.

Baguette *(ba GET)* Bread shaped into a thin loaf that can be up to 2 feet long, and typically only a couple of inches in diameter.

Béarnaise *(bear NAYZ)* A rich, tangy, golden sauce made with butter, egg yolks, and a wine and tarragon mixture. It often includes shallots or green onions, tarragon, and sometimes wine. Serve this classic sauce with meat, poultry, and fish.





Hoisin sauce: Hoisin serves as a condiment for such oriental dishes as egg rolls, stir-fries, and noodles. Add a few spoonfuls of hoisin to a cup of plain barbecue sauce and you'll have a glossy glaze for grilled chicken or pork.

Horseradish: Pungent and sharp, a little horseradish goes a long way. Although it's usually served with beef, horseradish makes a tasty cocktail sauce for seafood when paired with chili sauce. Or, concoct your own horseradish mustard by whisking a touch of horseradish into plain mustard.

Pesto: This thick Italian puree is made from basil, oil, garlic, Parmesan, and nuts. Toss a few teaspoons with hot cooked pasta or rice, stir a little into a soup or omelet filling, or spread it onto pizza dough. To serve as a vegetable dip or cracker spread, stir some pesto into sour cream or cream cheese. For a vinaigrette, stir together salad oil, half as much vinegar, and a spoonful or two of pesto.

Pickapeppa Sauce: This Caribbean hot sauce is much like Worcestershire in flavor, but more like gravy in thickness. Substitute it for Worcestershire in marinades, meat sauces, or sandwiches. Or, make a biting barbecue sauce by stirring a few teaspoons into a cup of plain barbecue sauce. For an appetizer spread, drizzle a little Pickapeppa sauce over a bar of cream cheese.

Plum Sauce: This thick, fruity sauce has a sweet-tart flavor that complements grilled chicken or duck. It's made with plums, chili peppers, vinegar, sugar, and spices. For a plum vinaigrette, stir together salad oil, half as much vinegar, and a few teaspoons of plum sauce.

OOD

CONDIMENT DEAS

Yes, it's fun to cook with those specialty condients—exotic chutneys, oriental flavors, spicy hot uces, and the like. Their distinctive flavors can turn rdinary recipes into bold new dishes. What's not fun are e jars of leftovers. Get to the bottom of those half-mpty jars with our easy ways to clean your cupboard.

Chili paste: Think of this fiery condiment as a substite for hot pepper sauce. It's thick like tomato paste, so ou may need to blend it with a few drops of water. Add a b to spice up stir-fries, chili, soups, and salsas.

Chutney: East Indian in origin, this sweet-and-sour ndiment contains fruit, vinegar, sugar, and spices. rve it with curried dishes, cheeses, and hot or cold eats, poultry, fish, or seafood. Or, create Indian-style ce by stirring chutney and raisins into cooked rice. For a ndwich spread, stir some into mayonnaise.





NICE THAI.

Very nice, thank you, because it's made with beef. And although it may seem a tad exotic, it can be on your table in about half an hour.

It's just one of the many quick, simple and delicious dinners you can make with beef.

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THAI BEEF WITH NOODLES – 30 MINUTES

- 1 -lb boneless beef top sirloin, cut 1 in thick
- ¼ c dry sherry
- 1½ Tbsp reduced-sodium soy sauce
- 1 tsp *each* grated fresh ginger and minced garlic
- 1 tsp Oriental dark roasted sesame oil
- ¼ to ½ tsp crushed red pepper pods
- 2 c cooked ramen noodles *or* linguine
- ¼ c chopped green onion tops or fresh cilantro

[illegible] soy sauce, ginger, garlic, sesame oil and pepper pods. Place [illegible] marinade. Close bag securely and marinate 15 min. [illegible] ick skillet over med heat 5 min. Add steak [illegible] to med (160° F), turning once. Remove [illegible] reserved marinade and ¼ c water; [illegible] Stir in noodles. Carve steak into thin [illegible] Sprinkle with green onion. 4 servings.

And with your [illegible] sporting such a tast[illegible] Thai, your family w[illegible] sitting down to a ve[illegible] nice dinner indeed.

Now let's talk [illegible] those shoes.

BEEF

IT'S WHAT'S FOR D[illegible]

WIN MONEY FOR YOUR RECIPES
See Page 138 For Details

PRIZE TESTED RECIPES®

MAKE-AHEAD MAIN DISHES

File under Meat
March, 1993



$200 WINNER *Chloe Ellenburg, Kapaa, Hawaii*

MAKE-AHEAD CHIMICHANGAS

Use leftover beef pot roast, pork roast, or chicken in this Mexican favorite—

- **1 lb. cooked beef, pork, *or* chicken**
- **1 16-oz. jar salsa**
- **1 16-oz. can refried beans**
- **1 4-oz. can diced green chili peppers**
- **1 1½-oz. envelope burrito *or* taco seasoning mix**
- **16 8-inch flour tortillas**
- **16 oz. Monterey Jack *or* cheddar cheese, cut into sixteen 5x½-inch sticks**
- **Cooking oil (optional)**

Using two forks, shred cooked meat or chicken (should have about 3 cups). In a large skillet combine meat or chicken, salsa, beans, *undrained* chili peppers, and seasoning mix. Cook and stir over medium heat till heated through.

In another skillet heat tortillas, one at a time, over medium-low heat about 30 seconds per side. For each chimichanga, place *⅓ cup* meat mixture atop a tortilla, near one edge. Top with a cheese stick. Fold in sides; roll up, starting with cheese side. Place in freezer containers. Seal, label, and freeze for up to 6 months.

To prepare, wrap frozen chimichangas individually in foil. Bake in a 350° oven about 50 minutes or till heated through. (*Or,* thaw chimichangas in refrigerator overnight. Bake about 30 minutes.) Remove foil. Bake 10 minutes more or till tortilla is crisp and brown. *Or,* heat about ¼-inch depth of oil in a skillet. Cook desired number of frozen chimichangas, uncovered, in hot oil about 25 minutes (about 18 minutes if thawed) over medium-low heat or till golden, turning often. Serve with *salsa, dairy sour cream,*

ng here and file punched pages in your *New Cook Book.*

PRIZE TESTED RECIPES®

FAMILY-FAVORITE MUFFINS

File under Breads
March, 1993



$200 WINNER *Debora MacNeil, Indian Wells, Calif.*

CARROT 'N' SPICE BRAN MUFFINS

Start your morning off right with these delicious bran muffins—

- **2 cups whole bran cereal**
- **1¼ cups milk**
- **⅓ cup cooking oil**
- **2 beaten eggs**
- **1½ cups shredded carrot**
- **½ cup coconut**
- **½ cup raisins**
- **1¼ cups all-purpose flour**
- **½ cup packed brown sugar**
- **¼ cup granulated sugar**
- **2 tsp. baking powder**
- **1 tsp. baking soda**
- **1½ tsp. ground cinnamon**
- **½ tsp. salt**

In a large mixing bowl combine cereal, milk, oil, and eggs. Let stand 10 minutes. Stir in carrot, coconut, and raisins.

In another bowl combine flour, sugars, baking powder, baking soda, cinnamon, and salt. Add cereal mixture to flour mixture. Stir just till combined. Grease muffin cups or line with paper bake cups; fill each ⅔ full. Bake in a 375° oven for 15 to 20 minutes or till toothpick inserted near center comes out clean. Serve warm. Makes 18 muffins.

Nutrition information per muffin: *166 cal., 6 g fat, 25 mg chol., 4 g pro., 28 g carbo., 4 g fiber, 270 mg sodium. RDA: 16% iron, 50% vit. A, 10% vit. C.*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

FAMILY-FAVORITE MUFFINS

File under Breads
March, 1993



$100 WINNER *Linda McPhee, Newport, Oreg.*

PEAR, GINGER, AND WALNUT MUFFINS

Grated fresh gingerroot combined with pears makes this muffin a winner—

- **2 cups all-purpose flour**
- **¾ cup sugar**
- **2 tsp. baking soda**
- **½ tsp. salt**
- **¼ tsp. ground cardamom *or* 1 tsp. ground cinnamon**
- **2 beaten eggs**
- **½ cup cooking oil**
- **2 Tbsp. milk**
- **1 tsp. grated gingerroot**
- **2 medium pears, peeled, cored, and finely chopped (1½ cups)**
- **¾ cup chopped walnuts**
- **½ cup raisins**

In a large mixing bowl combine flour, sugar, baking soda, salt, and cardamom or cinnamon. Make a well in the center. Combine eggs, oil, milk, and gingerroot; add all at once to flour mixture. Stir just till moistened (batter will be thick). Fold in pears, walnuts, and raisins. Lightly grease muffin cups or line with paper bake cups; fill each ¾ full. Bake in a 350° oven for 20 to 25 minutes or till toothpick inserted near center comes out clean. Remove from cups; serve warm. Makes 18 muffins.

Nutrition information per muffin: *194 cal., 10 g fat, 24 mg chol., 3 g pro., 25 g carbo., 1 g fiber, 160 mg sodium. RDA: 12% thiamine.*

Buying information, page 206

Clip along here and file punched pages in your *New Cook B*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

MAKE-AHEAD MAIN DISHES

File under Meat
March, 1993



$100 WINNER *Tracie Ann Cork, Elgin, Ill.*

GREAT GREEK PITAS

Make the sauce and marinate the pork a day ahead. To serve this quick meal, stir-fry the flavorful meat, spoon into pita rounds, and top with the cucumber-yogurt sauce—

- **1¼ lb. lean boneless pork**
- **¼ cup olive oil *or* cooking oil**
- **¼ cup lemon juice**
- **2 Tbsp. prepared mustard**
- **2 cloves garlic, minced**
- **1½ tsp. dried oregano, crushed**
- **1 tsp. dried thyme, crushed**
- **1 8-oz. carton plain yogurt**
- **1 small cucumber, peeled and chopped (about 1 cup)**
- **1 tsp. dried dillweed**
- **¼ tsp. seasoned salt**
- **3 pita bread rounds, halved**
- **Thinly sliced onion (optional)**
- **Thinly sliced tomato (optional)**

Trim fat from pork. Partially freeze pork. Thinly slice into bite-size strips. Place pork in a plastic bag set into a deep bowl.

For marinade, combine oil, lemon juice, mustard, garlic, oregano, and thyme; mix well. Pour over pork in bag. Seal bag. Marinate in the refrigerator 6 to 24 hours, turning bag occasionally. For sauce, in a small bowl combine yogurt, cucumber, dillweed, and seasoned salt. Cover and chill 6 to 24 hours.

At serving time, drain pork. Discard marinade. In a large skillet, stir-fry pork, *half* at a time, over medium-high heat about 3 minutes or till pork is no longer pink. Using a slotted spoon, remove pork from skillet; spoon into pita halves. Stir cucumber sauce; spoon atop meat. If desired, garnish with onion and tomato. Makes 6 servings.

Nutrition information per serving: 241 cal., 12 g fat, 45 mg chol., 18 g pro., 15 g carbo., 1 g

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WORKING AT HOME

"I knew lace would be perfect for mail order," says Sunny Drewel, who started Linen & Lace in her home in 1986.

BY MARGARET DALY



Linen & Lace

From the kitchen table to a million-dollar business



Sunny Drewel became enthralled with lace on a trip to Germany seven years ago, when she visited her grandparents' village with her husband, Joy.

"Lace was everywhere," Sunny says, "in the windows, on tables, on shelves. It was overwhelming. Within 15 minutes, I had decided to do mail order. Lace doesn't break, and it is easy to mail." Sunny bought two extra suitcases to carry samples back to her home near St. Louis. Then she set to work creating her business.

Laying the groundwork. Sunny's previous business experience included buying and selling antiques. She and Joy also ran a small bed-and-breakfast in a historic 1846 house, which they had refurbished, on the banks of the Missouri River. But she knew little about retailing, and even less about mail order.

"I studied everything I could," Sunny says. "I worked at it 14 hours a day. I talked to business people. I looked at the competition. I networked with other mail-order people to find out about all the pitfalls."

continued on page 201



Doll and rocking horse shown smaller than actual size. Doll is 17" tall when seated on horse.



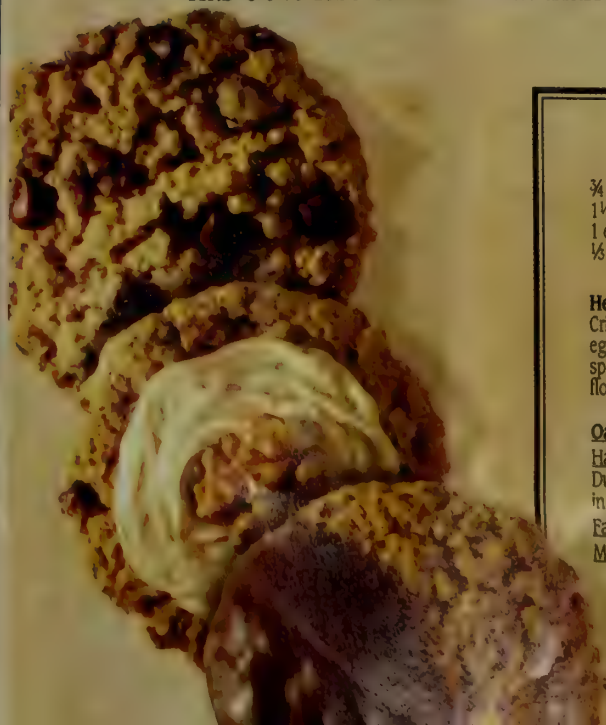
(Crisco Recipe)

Crisco's Oatmeal Cookie Bakes Up Higher And Softe
No If's, And's Or Butter.



(Butter Recipe)

Crisco®'s deliciously moist and chewy oatmeal cookie is softer than this popular cookie* made with butter. Higher too. And, cup for cup, Crisco has 50% less saturated fat than butter (Crisco 3g saturated fat per Tbsp/ Butter 6g). And, unlike butter, Crisco is made just for baking, so Crisco cookies bake up soft and moist. Taste for yourself. Try the Crisco recipe and the variations b



The Chewy Oatmeal Cookie

¾ cup Butter Flavor Crisco**
1¼ cups firmly packed light brown sugar
1 egg
⅓ cup milk
1½ teaspoons vanilla
3 cups Quaker® Quick Oats (not instant or old-fashioned)
1 cup all-purpose flour
½ teaspoon baking soda
½ teaspoon salt
¼ teaspoon cinnamon
1 cup raisins
1 cup coarsely chopped walnut

Heat oven to 375° F. Grease baking sheet with Butter Flavor Crisco. **Combine** Butter Flavor Crisco, lt. brown sugar, egg, milk and vanilla in large bowl. **Beat** at medium speed of electric mixer until well blended. **Combine** oats, flour, baking soda, salt and cinnamon. **Mix** into creamed mixture at low speed just until blended. **Stir** in raisins nuts. **Drop** rounded tablespoonfuls of dough 2 inches a onto baking sheet. **Bake** at 375° F for 10 to 12 minute until lightly browned. **Cool** 2 minutes on baking sh Remove to kitchen counter. ABOUT 2½ DZ. COOKIES.

Oatmeal Cookie Variations:

Half-Dipped Cookies–Omit raisins & nuts. Bake & cool. Microwave 1 cup Duncan Hines® Dutch Fudge Frosting for 20-25 seconds, or until smooth and thin. Dip top half of cookie in frosting. Lay on waxed paper until set.

Favorite Chip Cookies–Omit raisins & nuts. Add 1 cup baking chips to batter. Bake & cool.

Maple Walnut Cookies–Omit raisins. Add 1½ tsp. maple flavoring to dough. Bake & cool. Frost top of cooled cookie with mixture of 1 container Duncan Hines Vanilla Layer Cake Frosting and 1 tsp. maple flavoring. Garnish with walnut half.

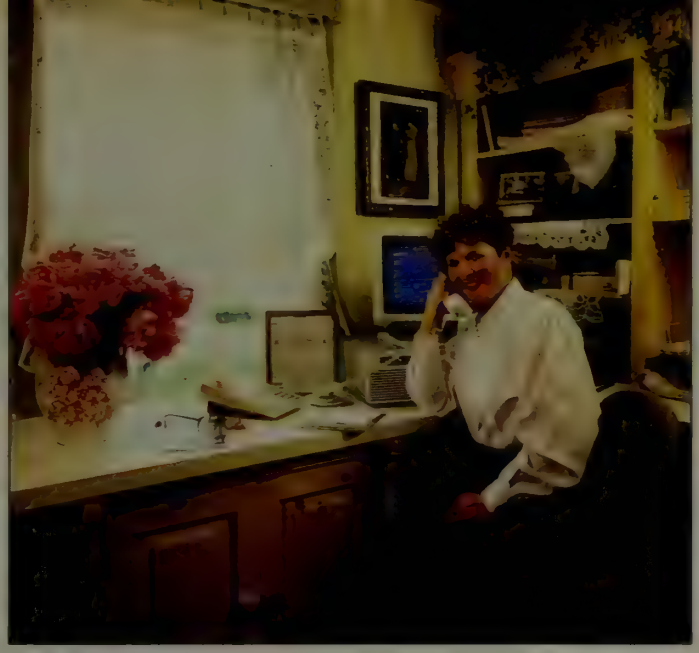


Cooks Who Know Trust Crisco.

*From *Silver Palate* Cookbook **Butter Flavor Crisco is artificially flavored © 1993 Procter & Gamble Co Quaker® is a registered trademark of The Qu

VORKING AT HOME

ntinued from page 194



A one-piece bow-split Caroline lace curtain dresses up Sunny's office window, which overlooks a garden and the Missouri River. Getting organized by computer was an essential part of her planning from the start. She now has a list of 225,000 customer names on file.

Early on, Sunny took out a second ortgage for $16,000 to finance start-p costs. "My sweet husband was be-ind me all the way," she says.

Joy, who sells insurance, helped Sun-y line up business details and get orga-ized on a computer. Sunny took two ther important steps during that plan-ing period: She locked in an 800 num-er, 800/332-LACE. "It's convenient r customers to remember," she says. he also got a trademark for her busi-ess name, Linen & Lace. "Without hat, you could spend tons of money developing your busi-ess, then discover someone else has a claim to the name."

The first ad and catalog. Sunny traveled abroad several mes to line up suppliers and get design ideas. Then, more han a year after she first decided to go into business, she as ready to test the market. She created eight original urtain patterns and prepared her first ad, a twelfth of a age in *Country Home*® magazine. The ad offered an eight-age catalog for $2. "I designed the ad myself, right on the itchen table," she says. In the ad she used a photo of her randmother. For the cover of her first catalog, she added a epia tone to the same photo, to match the look of old ictures. The catalog later won a regional award for two-olor catalog designs.

That first catalog was eight pages long and cost $4,000 to rint 2,500 copies. The next year, she moved to full color on the front and back, and orders increased. When she went to full color throughout, orders tripled. She used high-quality paper, even though it was more expensive, because it was fitting for her product. For the same reason, she works hard to create high-quality packaging for all her products.

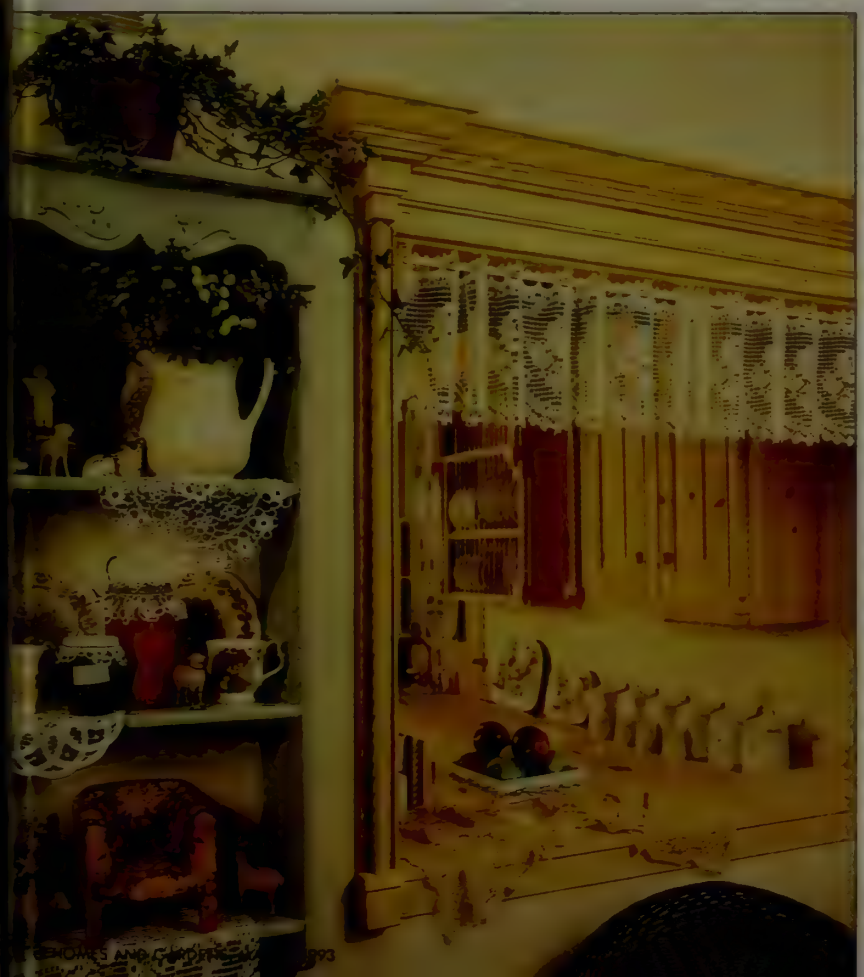
Orders by the buckets. "The day I got my first order, I sat on my porch and cried," Sunny says. "It was only for $60, and I had already run up bills for thousands. But I popped a bottle of wine and framed the order for my wall."

As orders kept coming in, Sunny had a hard time keeping up. "The curtains started arriving from suppliers, and I figured I could just cut them to size on my kitchen table. And here came $50,000 worth of lace. We had lace bolts on our kitchen table, on our sofas, countertops, and beds. Sometimes I would get so busy in the morning that I filled out orders in my bathrobe, and didn't have a chance to get dressed before the UPS man would arrive."

Neighbors were curious about all the lace, and she told them what she was doing. "They thought it was great," she says. "They had no problems with my bringing a business into the neighborhood. I also checked city zoning regulations about home businesses in our area."

Sunny spent almost two years working off her kitchen table, but then the activity got to be too much for the space. "When lace piled

continued on page 202



Sunny's catalog suggests decorating touches, such as using a tatted doily and pieces of lace on shelves, and softening a doorway with a lace valance.

BUSINESS PROFILE

- Sells lace by mail.
- Business inspired by seeing lace in German villages on a 1986 trip.
- Started up with $16,000 loan on home.
- Spent a year to consult experts, find suppliers, and write a business plan.
- First ad and catalog in 1987. Moved growing business out of home two years later.
- Orders approached $1 million last year.



As her mail-order lace business boomed, Sunny Drewel moved the operation out of her home into this historic 1846 house, where she and her husband, Joy, once ran a bed-and-breakfast operation. Her husband and children all help with the business.

WORKING AT HOME

continued from page 201

up on Joy's desk, he said that was enough," she reports. They closed the bed-and-breakfast, and Linen & Lace moved into the historic house.

Financing the growth. Even with so many orders, the business needed more money. Sunny had to keep plowing money back into the company. Her father helped out at first. "He charged interest below market, which helped a lot," she says. "But I always kept my credit good with him."

Once the business was clearly up and running, she got funding from a local bank. First, she consulted small-business books, her husband, and other advisers, and prepared a professional business plan.

"You have to keep good records from the start," she advises. "You also must provide realistic projections about the growth and profit potential of your business."

The personal touch. Sunny has a staff of nine today, and orders approached $1 million last year. With all its growth, Linen & Lace is still a family affair. Joy advises on some business details. His son, Mark, helped set up the computer system. Sunny's daughter Christina Dillon is assistant manager. Sunny's other daughter, Angela Saladin, helps with propping and photography for the catalog. Angela designed faux-painted wooden curtain rods and rings, which are sold in the catalog.

Linen & Lace now publishes 450,000 full-color catalogs a year, with 20 designs, most of which are exclusive (see "To order," *page 203*). Curtains are the prime product, including the charming *kaffe haus* laces Sunny first spotted in Germany, and the gossamer weaves she later found in Scotland. The catalog also offers door panels, pillows, tablecloths, doilies, lace by the yard, and decorating suggestions. "Lace softens our lives," says Sunny.

Her customer list numbers about 225,000 names today, and her staff updates the list daily. Sunny won't sell her list to other vendors. "Our personal contact with our customer

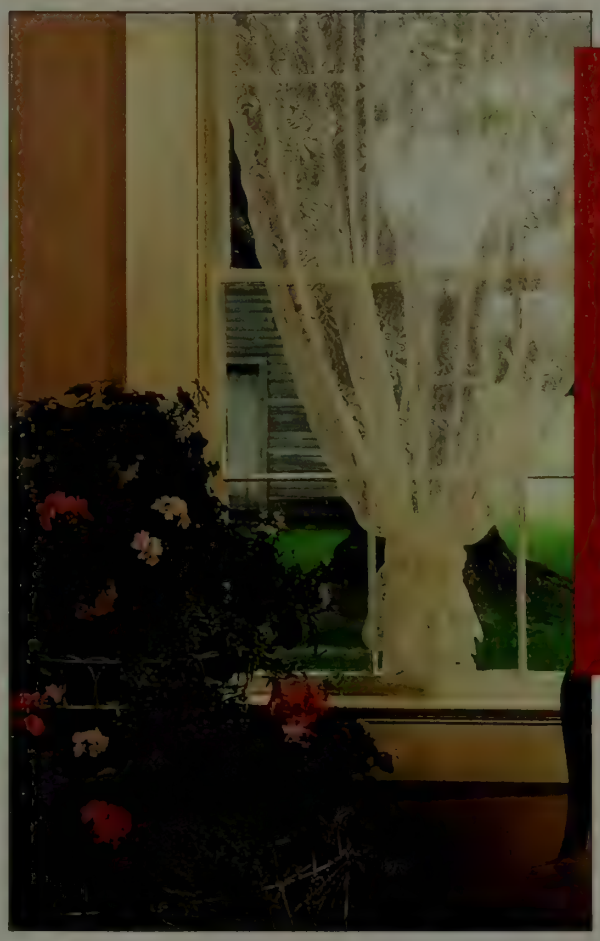


is essential," she says, adding that last year she began thanking each new customer with a personally written note. "I tell my 800-line operators to answer every call with a smile." In addition, customers offer suggestions through a response device printed on the return envelope.

"I want to keep things simple," Sunny says. "One danger with any business is that you grow so fast you lose touch with your customers. We won't do that. We're here to stay."

FOR MORE INFORMATION

- For books on mail order, call the Direct Marketing Association (DMA), 404/664-7284.
- Consult computer magazines for reviews of mail-order-business software, from simple label-writing programs to list-management, invoicing, and overall management programs.
- *Home Office Computing* magazine offers basic advice for small business owners. For a special 12-month subscription price of $9.99, mention this article. Call 800/288-7812.



One of Sunny's many inventive ideas is to use a door panel for a special window treatment. Here, a lace tieback gathers an Alexandra panel, 58 inches wide. In white or ivory, panels have scalloped edges.

TO ORDER

To order from Linen & Lace—and help homeless families too—call for their $2 catalog: 800/332-LACE. Or send $2 to: Linen & Lace, Dept. BHG, 4 Lafayette St., Washington, MO 63090.

Five percent of Sunny Drewel's 1993 net profits will go to The Better Homes™ Foundation to help homeless families.

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Gobbled.

Cracker Barrel® Havarti
Judged to be the best.

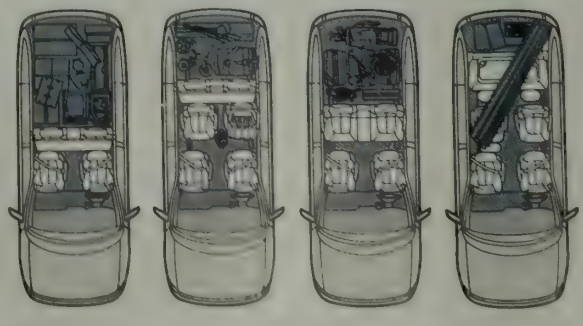
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NISSAN

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Which is why everything in the new *Nissan® Quest™* has been designed to soothe and pamper.

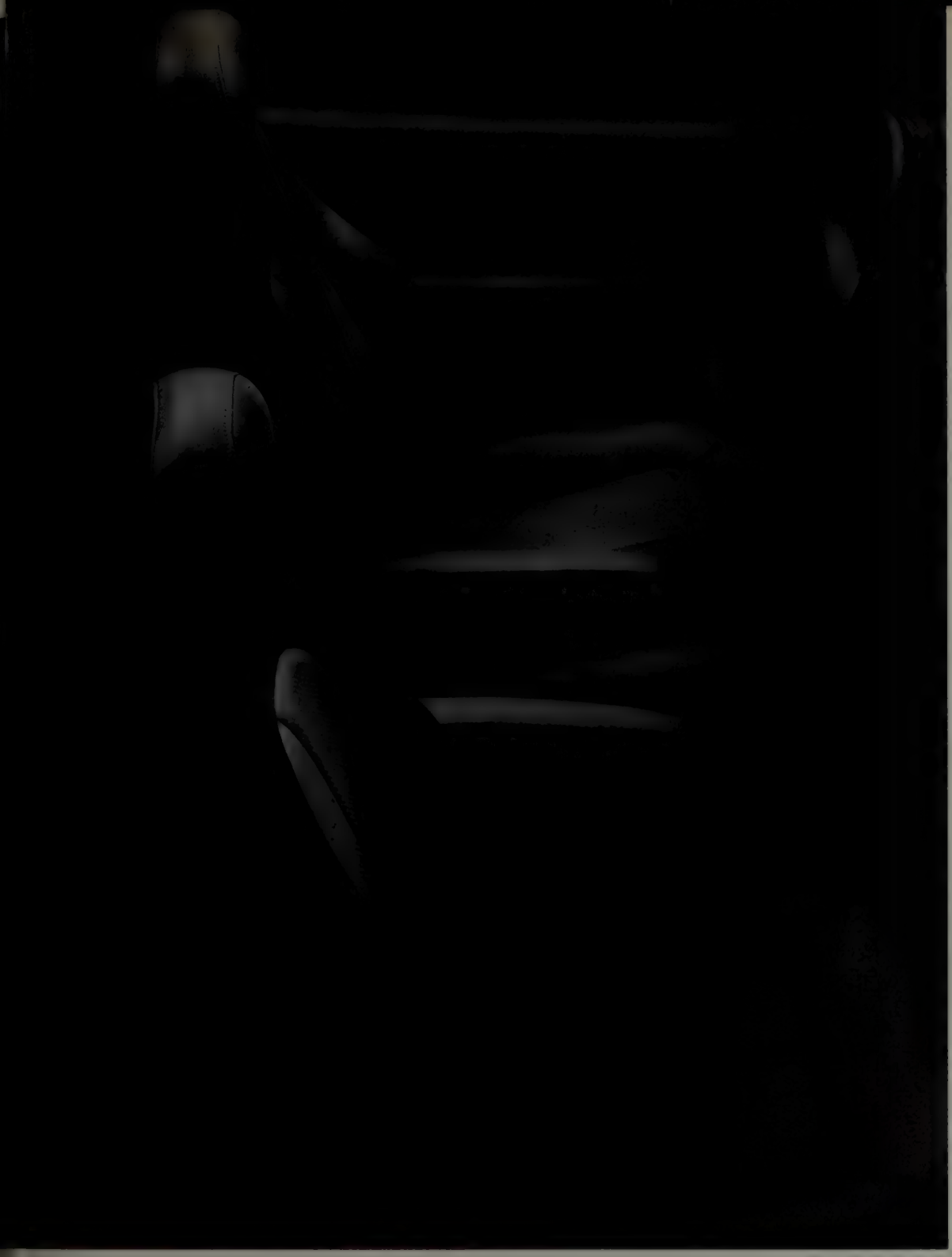
Your fingertips settle on a steering wheel graced with fine leather.* Your eyes gaze at easy-to-read analog instruments.



And your ears are lulled by an advanced AM/FM audio cassette system.*

Cruise control and an optional moonroof** are available so you can concentrate

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And since we know how much kids enjoy playing musical chairs, we designed our QUEST TRAC™ Flexible Seating System to be reconfigured up to 24 different ways.†† In fact, you can remove the second row and by simply flipping a lever you can slide the third row into five different positions along the QUEST TRAC.

Which means with the new Nissan Quest a parent can finally sit back and relax until, that is, your kids start making faces at the car behind you.

the scenery instead the speedometer.

Attention to ergonomics is so complete that the controls to the power windows, door locks and mirrors are nestled in the driver's side door.†

Of course we intend to spoil your children as well.

A second row of luxurious captain's chairs** is provided to keep your kids from squirming about.

To keep them entertained, the second row even has its own set** of air conditioning controls, headphone jacks and audio controls.



The New Nissan

Quest

NISSAN

It's time to expect more from a minivan.™

*their seat belts. *GXE model **Optional on GXE model †Optional on XE model, standard on GXE. ††GXE with optional 2nd-row captain's chairs.*

continued from page 125

Wilmington, DE 19898. **Cabinet hardware for drawers, spice rack, recycling bins and compost bucket**—Hafele America Co., 3901 Cheyenne Dr., P.O. Box 4000, Archdale, NC 27263; 800/842-3345. **Cabinet plywood,** "ApplePly"—States Ind., P.O. Box 7037, Eugene, OR 97401. **Prep sink,** Elements ER110 with FF600 faucet in chrome—Franke, Inc., Kitchen Systems Div., 212 Church Rd., North Wales, PA 19454; 800/626-5771.

ADDING ON

Pages 96–97 (*left*): Windows—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763. **Exterior paint,** "Cashew"—Mautz Paint Co., 939 E. Washington Ave., Madison, WI 53707. **(*Right*): Interior paint,** "Cashmere"—True Value Hardware, Chicago National Headquarters, 2740 Cliborn Ave., Chicago, IL 60614. **Armchair, ottoman, and brass floor lamp**—Marshall Field and Co., 11 N. State St., Chicago, IL 60602. **Sofa**—Steinhafels, 8401 W. Capitol Dr., Milwaukee, WI 53222. **Table lamp**—Frederick Cooper, 2545 W. Diversey, Chicago, IL 60645.

Pages 98–99 (*left*): Armchair, ottoman, and brass floor lamp—Marshall Field and Co., 11 North State St., Chicago, IL 60602. **Sofa**—Steinhafels, 8401 W. Capitol Dr., Milwaukee, WI 53222. **Interior paint,** "Cashmere"—True Value Hardware, Chicago National Headquarters, 2740 Cliborn Ave., Chicago, IL 60614. **(*Top right*): Exterior paint,** "Cashew"—Mautz Paint Co., 939 E. Washington Ave., Madison, WI 53707. **(*Bottom right*): Windows**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763.

Pages 100–101: Windows—Andersen Corp., P.O. Box 12, Bayport, MN 55003. **Recessed lighting**—Lightolier, Inc., 100 Lighting Way, Secaucus, NJ 07094. **Interior paint,** "Taupe"; **exterior paint**—Benjamin Moore Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645.

Page 102: Interior paint—Benjamin Moore Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645. **Counters,** "White" and "Sand"—Du Pont Corian, Solid Surface Products, Du Pont Co., Room G-50990, Wilmington, DE 19898. **Double ovens**—Thermador, 5119 District Blvd., Los Angeles, CA 90040. **Window**—Andersen Corp., P.O. Box 12, Bayport, MN 55003. **Cabinets**—Master Woodcrafters, P.O. Box 365, Spencer, IN 47460. **Sink and faucet**—Franke, Inc., Kitchen Systems Div., 212 Church Rd., North Wales, PA 19454; 800/626-5771.

THE GREAT COVER-UP

Pages 105–110: All fabrics—Waverly Decorative Fabrics; 800/423-5881. All pattern names are listed below.

Page 105: Rocking chair—Spiegel Catalog; 800/345-4500. **Rocking chair back pad fabric,** Fiesta, "Floretta"—Special Places Collection. **Seat cushion fabaric,** Fiesta, "Florie"—Special Places Collection. **Window treatment fabrics,** Fiesta, "Cortina," "Cara Mia"—Special Places Collection. **Poster**—Poster Originals, 330 Hudson St., New York, NY 10013. **Pleated shades,** "Phenomena 3"— Duette, Hunter Douglas, 1 Duette Way, Broomfield, CO 80020.

Page 106: Window treatment fabric, Candlelight—Pleasant Valley, Special Places Collection. **Chair fabric,** Berry, "Fontainebleau"—Plaids Forever Collection, Waverly Decorative Fabrics.

Page 107: Window treatment, pillow fabric, Forest, "Garden Room Stripe"—The Ivy Lane Collection, Waverly Decorative Fabrics. **Sheer blinds,** "Silhouette"—Hunter Douglas, 2 Parkway & Route 17, So, Upper Saddle River, NJ 07458. **Chair fabric,** Forest—Back to Basics Collection. **Area rug,** "Hunter Green," **Table**—Yield House, P. O. Box 5000, North Conway, NY 03860-5000; 800/258-4720. **Chair**—Gold Medal Inc., 1500 Commerce Rd., Richmond, VA 23216.

Page 109: Window treatment fabric, Aspen, "Old Mill Inn"—Special Places Collection, Waverly Decorative Fabrics. **Chair fabric,** Aspen, "Trailside"—Special Places Collection. **Two inch vertical blinds,** "London Fog"—Hunter Douglas (address above). **Lamp, birdhouse, picture frame**—Lady Slipper Designs, R. 3, Box 556, Bemidji, MN 56601; 800/950-5903. **Wool dhurrie rug,** "Terra-cotta clay"—Spiegel Catalog; 800/345-4500.

Page 110: Window treatment fabric, Cranberry, "Explorer Toile"—Special Places Collection. **Window valance, chair fabric,** Cranberry, "Hideout"—Special Places Collection. **Chair fabric trim,** Red, "Linen Check"—Plaids Forever Collection. **Curtain rods and rings,** "Villager"—Kirsch, P.O. Box 0370, Sturgis, MI 49091. **Miniblinds**—Hunter Douglas, 2 Parkway & Route 17, So, Upper Saddle River, NJ 07458. **Lamp,** "Tizio"—Artemide, 1980 New Highway, Farmingdale, NY 11735.

DECORATING WITH MORE LOVE THAN MONEY

Page 129: Pillow fabrics—Expressions, P.O. Box 6018, Metairie, LA 70002. **Poster,** "San Francisco Symphony, 1991-92 #589"—Poster Originals, 330 Hudson St., New York, NY 10013. **Chair**—Ballard Designs Catalog, 1760 DeFoor Ave., NW, Atlanta, GA 30318.

Pages 130–131: Vase—Rue de France catalog, 78 Thames St., Newport, RI 02840. **Tablecloth fabric**—Expressions, P.O. Box 6018, Metairie, LA 70002.

Pages 132–133: Bed linens, "Wicker"—Ralph Lauren Home Collection, 1185 Avenue of the Americas, New York, NY 10036. **Bathroom wall covering**—Wall-Tex, Columbus Coated Fabric Co., 1280 N. Grant Ave., Columbus, OH 43216. **Striped fabric**—Calico Corners, 340 Bon Air Center, Greenbrae, CA 94904. **Window treatment pattern**—Inch-Up Pattern, 7711 SE. 29th St., Portland, OR 97202; send $10 for pattern. **Pedestal sink**—Renovator's Old Mill, Miller's Falls, MA 01349. **Black towels**—Fieldcrest, 60 W. Fourth St., New York, NY 10018.

Page 134 (*Top*): Floor covering—Mannington, P.O. Box 30, Salem, NJ 08079. **Wall covering**—Wall-Tex, Columbus Coated Fabric Co., 1280 N. Grant Ave., Columbus, OH 43216.

FEEL GOOD FOODS

Page 152: Fork, "French Braid"—Reed & Barton Silversmiths, 144 W. Britannia St., Taunton, MA 02780. For dealer nearest you or free brochure: 800/343-1383.

Page 153: Soup spoon, "Colbert"—Dansk International Designs Ltd., Mount Kisco, NY 10549.

Page 154: Serving spoon, "Sphere"—Izabel Lam Int'l., 8-03 43rd Ave., Long Island City, NY 11101.

Pages 156–157: Plates, "Sunnyside"—Pottery Barn; 800/922-5507.

Page 159: Fruit cup—Younkers, Seventh and Locust, Des Moines, IA 50397.

Page 160: Plate, "Bacci"—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **Knife and Fork,** "Cityscape"—Oneida Ltd., Oneida, NY 13421.

PRIZE TESTED RECIPES®

Page 191 (*left*): Star-shaped plates—Smith & Hawken, 25 Corte Madera, Mill Valley, CA 94941.

DIRECTORY OF ARCHITECTS, DESIGNERS

KITCHEN OF THE YEAR

Pages 84–92: Architect—Duo Dickinson, 94 Bradley Rd., Madison, CT 06443; 203/245-0405. **Set construction**—Exhibit Concepts, 5111 Webster St., Dayton, OH 45414-4272.

ADDING ON

Pages 96–99: Architect—Robert Prindiville, Design Group Three, 5169 N. Elkhart Ave., Whitefish Bay, WI 53217.

Pages 100–103: Architect/Contractor—Frank Munzer, AIA, 143-A Salt Point Turnpike, Clinton Corners, NY 12514.

DECORATING WITH MORE LOVE THAN MONEY

Pages 129–134: Joni Ruff Interior Designs, 7711 SE. 29th Ave., Portland, OR 97212.

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Pro Plan® brand Turkey & Barley Formula For Cats uses many natural ingredients plus vitamins and minerals to give your cat all the nutrition he needs for the beauty of healthy skin and a lustrous coat.

Whole Grains Certified Grown Without Chemical Pesticides.
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No Added Artificial Colors. Naturally Preserved With Vitamin E.
Pro Plan Turkey & Barley Formula is a natural way to help your cat have healthy skin and a beautiful coat without added artificial colors or preservatives.

Try Pro Plan Turkey & Barley Formula For Dogs, too.
Both are available only from veterinarians or other pet professionals
Questions about our products? Call 1-800-PRO PLAN (776-7526).

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PROTECTING YOUR PETS FROM 3 SAFETY THREATS



Pets, like people, need protection from winter's fury.

We all love our pets, but sometimes we can harm our trusting companions because of a lack of knowledge. Here's how to safeguard your dog and cat.

C-C-COLD WEATHER TIPS

Frigid weather can be hard on dogs and cats. Like humans, pets are stung by frostbite and threatened with hypothermia. You can make a pet's life easier by taking a few precautions.

When you're thinking about bringing your pet inside, don't just consult the thermometer. Also consider your pet's age, exercise level, previous exposure to the outdoors, and breed. Physically fit pets, those with heavier coats, and animals used to being outside fare better than short-haired breeds or housebound animals. Young and old animals also are more susceptible to cold.

If you suspect your pet has frostbite, check for discoloration of its skin, especially on the tips of the ears and extremities; animals are most vulnerable in these areas. Should you find any discoloration, contact your veterinarian immediately.

Cold care for dogs. The best way to tell if cold weather bothers your dog is to look for signs of discomfort. Dr. Susan Cotter from Tufts College of Veterinary Medicine says, "If you're out walking and Fido begins shivering and holding up his paws, it's time to head home."

Road salt poses a hazard for dogs. Salt and ice stick to the paws, working their way between the pads and causing sores. Wash your dog's paws after walking it, or buy your pooch boots.

Outside dogs need special protection from the elements. Be sure your pet's doghouse is well insulated, and that it has plenty of warm bedding. A canvas door helps cut drafts. If the weather forecast calls for plunging temperatures, you may want to bring Fido inside for the night.

Freeze notice for cats. Dr. Eliza Sundahl, past president of the American Association of Feline Practitioners, advises, "In general, you should keep cats inside when the mercury drops to freezing. Cats that spend much of their time inside will not be acclimated to cold weather."

If your car sits outside or a cat has access to your garage, check under the vehicle's hood before starting the motor. Cats sometimes snuggle up to an engine for warmth.

IS YOUR PICKUP SAFE FOR PETS?

Animals should never ride in the back of an open pickup truck because they might get injured jumping from the moving vehicle. An enclosed pickup bed also poses the threat of carbon monoxide poisoning.

Your dog or cat could get sick or die from carbon monoxide that accumulates under a rigid, closed pickup truck canopy or tarpaulin. Pickups with rear-exiting exhausts and those with leaking side-exiting exhausts both can be hazardous. Deadly gas sometimes is drawn up into the truck bed where it can seep between the bed and the tailgate, or it enters between the tailgate and the canopy door.

Pet owners often don't realize the dangers inherent in their pickup truck, even when their dog or cat seems ill after riding in it. They may assume that the animal has motion sickness or the flu because the symptoms for those conditions mimic the symptoms for carbon monoxide poisoning.

For safety's sake, either leave Rover at home, or transport him in the cab. If your pet must travel in the pickup bed, be sure there's plenty of fresh-air circulation, especially for young animals. Puppies and kittens are more easily overcome by carbon monoxide than fully grown animals.

STRING: A DANGEROUS CAT TOY

Think of a lethal weapon, and, most likely, an image of string doesn't spring to mind. We all know how cats like to bat a ball of string. What isn't so well-known is the danger that string, yarn, and similar substances can pose to cats.

While entertaining herself with string, Snowball may forget her finicky ways and decide to snack on her toy. If the string gets trapped in her intestines, Snowball will need surgery to remove it.

Other similarly dangerous household items include ribbons, thread, panty hose, and nightgown straps.

There are plenty of reasons to fight underage drinking.

Here's how we're doing it.

At Anheuser-Busch we're committed to putting an end to underage drinking. That's why we have developed, or help to support, comprehensive programs to tackle the problem. They're all based on providing the education and awareness that young people need for responsible behavior and decision making.



♦ *Family talk about drinking.*

Experts agree that it is important for parents to discuss drinking with their children at a young age to help prevent underage drinking. Our Family Talk brochures, prepared with the help of professionals in alcohol education, child psychology and family counseling, provide parents with useful discussion guides to help them answer questions and cover important points with their children. For copies, just call 1-800-359-TALK.

♦ *National Collegiate Athletic Association Foundation.*

Along with the National Collegiate Athletic Association Foundation, we provide alcohol education grants through their "Choices" Program. It encourages NCAA colleges, universities and conferences to develop, implement and evaluate campus-wide alcohol education programs that work toward the elimination of underage drinking and promotes education designed to enable the students to make informed choices about their lives.

♦ *BACCHUS.*

Established on over 500 college and university campuses throughout North America, BACCHUS is an international student organization devoted to providing proactive alcohol education programming at a peer to peer level. Through the development of year-round education initiatives, BACCHUS students promote responsible decision-making, healthy lifestyles and encourages respect for the law and campus drinking policies.

♦ *Program ID.*

We sponsored this booklet to help retailers enforce drinking age laws. It provides prototypes of drivers' licenses from all 50 states to help verify the authenticity of ID's when presented.



♦ *Barbara Babb Lecture Series.*

Some young people may believe that the consequences of underage or excessive drinking will occur to somebody else, never to them. Barbara Babb, R.N. and former critical care flight nurse, dispels that myth in her provocative presentation entitled "Tying One On." She has made a lasting impression on over a quarter of a million high school students across the country. Her program gets underage kids to think hard about what they could be doing to themselves and their loved ones if they drink.



Programs like these are working. Underage drinking is on the decline. According to a study by the University of Michigan Institute for Social Research, drinking among high school seniors has dropped 25% since 1978, and is now at its lowest level since the study began in 1975. Since 1982, the number of drivers killed in teenage drunk driving accidents has decreased by 48% as reported by the U.S. Department of Transportation. It's progress, but there's a lot more work to do.

At Anheuser-Busch, we feel that education and awareness are the best tools to fight underage drinking. We will continue to support these programs and develop new ones to help make underage drinking a thing of the past.

Anheuser-Busch, Inc.

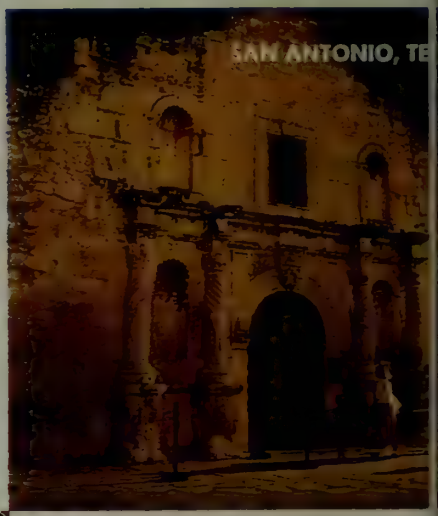
We invite you to share your thoughts on the issues mentioned here. We would also be happy to send you information regarding our policies and programs designed to encourage responsible drinking. Write: Anheuser-Busch, Inc., Consumer Awareness and Education, One Busch Place, St. Louis, MO 63118

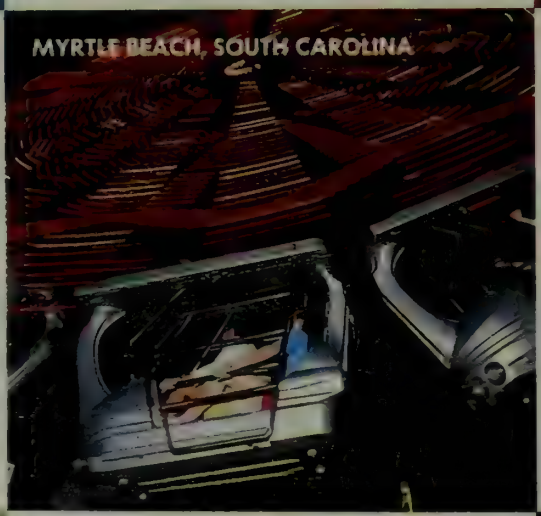
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weekend getaways



When you need a break, but have only a few days

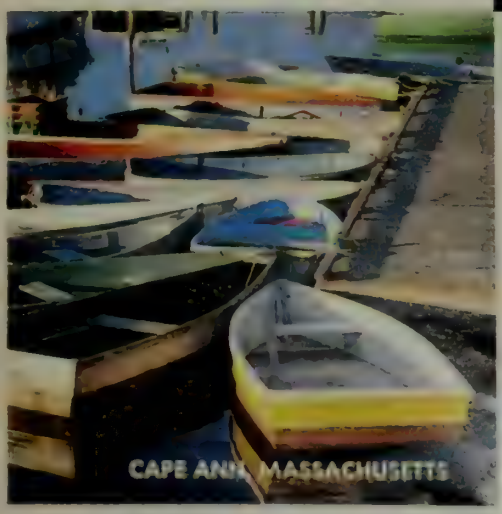




During a long weekend, you can sail to the Bahamas and back; take a whale-watching boat tour, then stretch out on an uncrowded New England beach; frolic in the Atlantic after teeing up on one of Myrtle Beach's myriad golf courses; linger at a sidewalk café by San Antonio's famous River Walk; or savor the excitement of one of Canada's great cities, Vancouver.

Short trips are easier on the budget than a full-scale vacation. Join us as we go coast to coast—and sail into the sunrise—for a few days of uninterrupted pleasure.

continued on page 21







Watches And Heirlooms Aren't The Only Wonderful Things You Can Pass On To Your Children.

You can't actually bequeath a protected wilderness to your offspring. But being together in a place like this is an experience they'll hold dear for the rest of their lives. Pass it on. Write Vacation Kit, Box 38700, Dept. 105, Denver, CO 80238. Or call 1·800·265·6723 ext. 105.

COLORADO

For A Free Vacation Kit, Call 1·800·COLORADO

MINI CRUISES

Cruises provide an easy, immediate escape. Just book your trip through a travel agent, pack your swimsuit, and board the ship on sailing day; then relax or party according to your whim.

It's amazing what you can cram into a three- or four-day sail—a trip to the Bahamas, snorkeling, sunning on a white-sand beach, a massage, shows, gambling, and meals galore.

You'll enjoy your trip more when you pick the line that's best for you. Carnival's Fantasy *and Premier's* Majestic *offer two different experiences. More people sail on Carnival than any other line; it's affordable and offers nonstop action. But, Premier, with its Disney connection, is better when taking kids.*

CARNIVAL'S *FANTASY*

A Carnival cruise is like a floating spring break for adults. Calypso music gets you into the party mood as you board the *Fantasy,* and the activity continues until you return to port.

Fun and games. Contests give you an unusual glimpse of your fellow passengers. For example, men strut their hairy chests or parade in nightgowns while couples reveal intimate secrets. But the *Fantasy* offers more than beer-chugging competitions. You also can tour the bridge and galley, play bingo, take dance lessons, and boogie until the wee hours. Chefs keep serving goodies until 2 or 2:30 a.m.

Kids 4–7, 8–12, and 13–17 can participate in the free Camp Carnival.

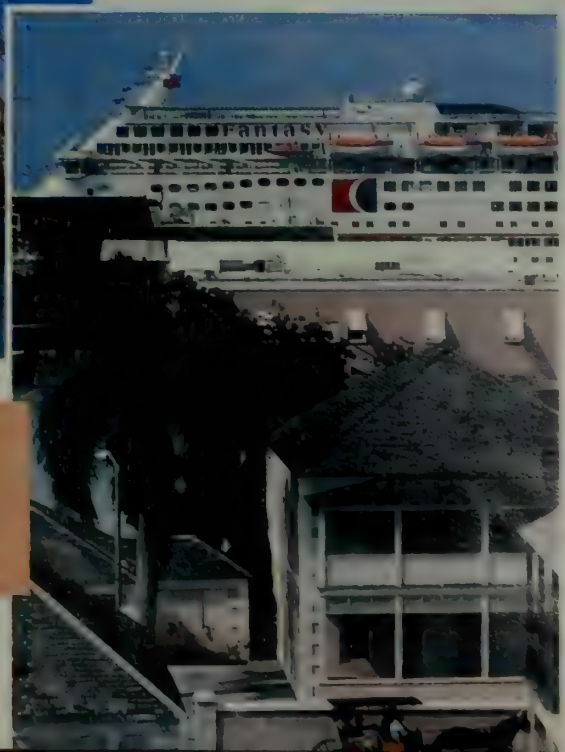
Glitz and flash. As tall as a 21-story building, the *Fantasy* has as much in common with the staid old cruisers of yore as Madonna does with Martha Washington. Miles of computerized neon create an ever-changing light show in many public areas. The neon-bedecked Grand Spectrum serves as an atrium-style focal point for six decks. Why just stroll on the promenade deck, when you can dance in its disco and try your luck at the casino?

Sharing your vacation with 2,600 other travelers may not sound romantic, but you actually have more quiet nooks on a superliner than on a smaller ship. The *Fantasy*'s size also translates into more swimming pools and lounges, a grandiose casino, and an unusually well-equipped gym and spa.

Ports of call. You'll spend a day and night in Nassau. The ship docks within walking distance of downtown and the Straw Market. You can go to Carnival's Crystal Palace with its lovely beach and Vegas-size casino, or take a tour. Many tours include snorkeling. Four-day sails add Freeport.

Per person, double occupancy, including airfare—three days: $499–$1,169; four: $599–$1,339; third person (no airfare): $199, $259. For a brochure: *305/599-2600.*





Disney characters attract young and old on Premier cruises (*top*). Carnival's 2,600-passenger *Fantasy* docks at Nassau on three- and four-day cruises (*right*).

PREMIER'S *MAJESTIC*

No other cruise line can compete with Premier's children's program. Youngsters stay so busy searching for treasures, swimming, and hanging out with Disney characters that, unless you have kids along, you'll barely notice children are aboard. Premier also appeals to honeymooners and others without kids because of its reasonable prices and friendly atmosphere.

Nicknamed the Big Red Boats, Premier's three ships are actually rather small. The *Majestic* holds 1,000 passengers. With most public areas on the top four of the seven decks, you quickly locate important places. The scaled-down dimensions mean the *Majestic* can't devote much room to its fitness equipment, casino, or swimming pool.

It's a small world. Lots of space goes to Pluto's Playhouse, where ages 2–4 and 5–7 meet, and to the Space Station for those 8–12 and 13–17.

Cruises get a Goofy start at the Bone Voyage party. Before Port Canaveral disappears over the horizon, youngsters meet others their age as well as Disney characters.

Dining tip: Kids tend to eat early. For quiet meals, request late seating.

Land ho. The *Majestic*'s compactness allows it to squeeze into the Abacos Islands, where it offers free excursions to Green Turtle, Man-O-War, and Treasure Cay. But most passengers never visit those tranquil Bahamian islands. Once folks discover the *Majestic*'s private paradise, Great Guana Cay, they settle in for two days of tropical pleasure.

As the tender docks, you spy palm fronds dancing in the breeze above a white sand beach. Scarlet bougainvillea blush by the thatched dining hut. Hammocks strung between trees invite you to snooze or read.

Pedal boats, windsurfing, and volleyball give the energetic plenty of options besides cavorting in the crystal clear water. For an extra fee, you can swim among dolphins or snorkel at a coral reef on the island's other side.

Three days with airfare: $445–$1,055; four: $575–$1,215; third person: $405–$465, $465–$525. Premier also offers special prices to round out the week at Disney World. For a brochure: *800/473-3262.*

—By Lois Anne Naylor

continued on page 216

The Van That Can.

Chevy Astro All-Wheel Drive.

The only mid-size van with 5250-lb. towing.* Standard 200-horsepower V6.

Available seating for eight. Available Dutch doors.

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3-year/36,000-mile Bumper to Bumper Plus Warranty. No deductible.†



More than 98% of all Chevy trucks sold in the last 10 years are still on the road. Over the years, no other truck is that dependable, foreign or domestic.**

Chevrolet. The Most Dependable, Longest-Lasting Trucks.

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CAPE ANN, MASSACHUSETTS

Just an hour's drive northeast from Boston's skyscrapers, the clean sea air of the Atlantic Ocean fills your lungs, and the horizon takes on a special glow as sailboats slip by in seductive silhouette. You've entered the timeless world of the sea, on Cape Ann.

One of America's earliest settlements, Cape Ann is called "The Quiet Cape" by residents, in pointed contrast to the more populous Cape Cod. Cape Ann's natural beauty and history, its boats and beaches, and its artistic communities and low-key vacation facilities all create a captivating escape from the workaday world.



Visitors relish a stroll along the harbor where small boats anchor (*above*). At Gloucester harbor, a memorial (*top right*) honors lives lost at sea.

When to get away. Thanks to its easy access, Cape Ann's many charms have not gone unnoticed. The summer months can be crowded, so the trick here is to visit off-season.

By mid-May, for example, whales are cavorting a few miles offshore, but the whale-watching boats are not yet jammed. In June, the Rockport Chamber Music Festival entertains every Thursday through Sunday, yet there's plenty of elbowroom to browse the quaint fishing-shack shops and artists' studios along nearby Bearskin Neck. In September, the waters at some beaches are often still warm enough for swimming, and the hordes of "leaf peepers" have not yet descended in pursuit of New England's brilliant fall foliage.

Down to the sea in ships. A huge bronze fisherman clutches a ship's wheel and stares fiercely out to sea in Gloucester harbor—a memorial to the many lives lost from this fishing center since the 17th century. Whale-watching boats leave from near here (four hours; $20 adults, $12 kids). You'll also find fishing party boats and rentals, from sail to motor, in both towns.

Gloucester's excellent Cape Ann Historical Museum boasts a huge collection of luminous seascapes by native son Fitz Hugh Lane. Upstairs exhibits explore the fishing industry. You also can view the harbor from Lane's home, now a museum. Nearby is the refurbished, 121-foot boat, *Gloucester Schooner Adventure,* now a bed-and-breakfast; quarters are cramped, but the lore great (open May–October; $35–$65).

Harbor views. Rocky Neck Art Colony curves out into Gloucester's Inner Harbor, south of The Fisherman's Memorial. Some shops and waterside restaurants (The Rudder and The Outrigger) may be open only on weekends in late spring and fall, but the colony is a grand place to stroll. Farther south, past the exclusive homes of Eastern Point, walk out along Dog Bar breakwater for a sweeping view of the harbor. A bird sanctuary nearby offers marked trails.

Also visit Beauport, a 26-room gabled mansion brilliantly furnished with decorative arts—from Oriental to Early American and European (scheduled tours only, but frequent in summer). Across the harbor lies Hammond Castle. The 1920s re-creation of a medieval-style castle was the fantasy of inventor John Hayes Hammond, Jr., father of remote control.

Touring the cape. A two- to three-hour boat tour around Cape Ann provides a good overview of the cape's beaches, villages, splendid homes, and rocky coastline ($15 adults, $8 children). You can also drive or bike the circumference—about 24 miles around—stopping to hike along well-marked trails, to prowl the rocks, or to swim or sun at one of several public beaches ($10 parking fees in season).

The huge, flat boulders at Halibut State Park make a terrific picnic spot; on a clear day you'll spot the mountains in Maine. The park's water-filled quarry harks back to the once thriving stonecutting industry (swimming is dangerous; don't). The Old Farm Inn nearby is a charming example of Cape Ann's several historical inns.

Pillow talk. In addition to inns and bed-and-breakfasts ($40–$100 double), you'll find several seaside hotels and motels ($50–$160), plus guesthouses ($40–$60). You have lots of eating options too—with clams, lobsters, and other fresh seafood anchoring the fare. Informal seafood bars in several towns charge from $6 up; don't miss trying lobster rolls, a local specialty. Full lunches and dinners run from basic seafood at Tom O'Sheas or Max Callaghan's in Essex (scores of antique shops nearby), to elegant and expensive French fare at The White Rainbow (Gloucester) and gourmet American at The Glass Veranda, in Rockport's Yankee Clipper Inn (bring your own wine). For inexpensive and inventive, try The Greenery in Rockport; for just plain inventive, try Gloucester's Bistro.

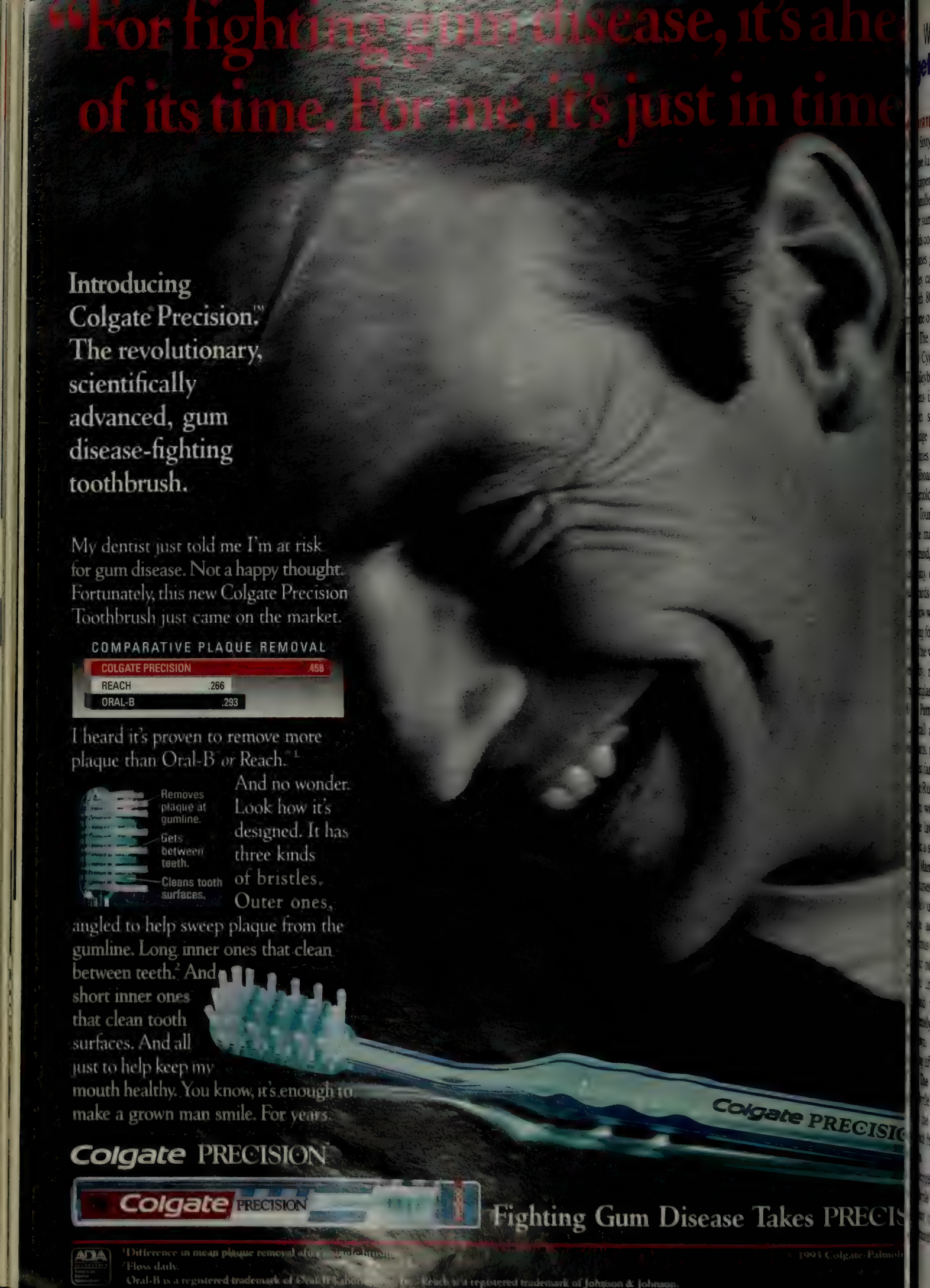
Cape Ann Chamber of Commerce, Dept. BHG, 33 Commercial St., Gloucester, MA 01930; 508/283-1601; 800/321-0133.

—By Margaret Daly

continued on page 219


Each bloomer washed in 50% more detergent following tough laundry instruction on the box.
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Little behinds get nothing but dirty.
Another leading detergent leaves them nothing but dingy.
But with Tide with Bleach® they're not just white, they're dazzling.
Outstanding Whitening Power!
ULTRA
Tide
with Bleach
If it's got to be clean, it's got to be Tide.

"For fighting gum disease, it's ahe
of its time. For me, it's just in time



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COLGATE PRECISION	.458
REACH	.266
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I heard it's proven to remove more plaque than Oral-B or Reach.[1]

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ADA

[1]Difference in mean plaque removal after [illegible]

[2]Floss daily.

Oral-B is a registered trademark of Oral-B Laboratories. Reach is a registered trademark of Johnson & Johnson.

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MYRTLE BEACH, SOUTH CAROLINA

Sixty miles of wide, golden sand have lured a diverse group of sun worshippers to Myrtle Beach for decades. Families migrate to the Grand Strand for summers by the sea, and college kids come for spring break. Golf fourgomes gravitate to the region because they can return year after year and, with 80 golf courses, never play the same one twice.

The beach itself pulses with activity. Cyclists weave around games of volleyball and Velcro paddleball while teens in swimsuits push carts filled with soft frozen lemonade. Waves nudge bodysurfers toward shore. Planes ply the sky with high-flying billboards. "Bargain Beachwear hypercolor T's. Reg. $19.99 now $4.99."

Touristy Kings Highway (U.S. 17), the main drag through the Grand Strand, serves as one of the area's many diversions. Marquees and billboards vie for your attention and show why Myrtle Beach is in the running for the discount souvenir capital of the world: "Rock-Bottom Discount City, nothing over $5.99"; "All $9 sunglasses 1¢"; "12 T's for $5."

Putt-putt golf. While kids enjoy the small amusement parks and go-cart joints, miniature golf is one of the biggest family attractions. At the Hawaiian Rumble, aloha music plays while you work your way around hazards like lava rock, palm trees, and a steaming volcano.

Many of the 45 mini-golf courses let you play continually until 5 or 6 p.m. for one admission price. At Circus Golf, a family of four pays $8 for unlimited golf until 9 p.m. Keep in mind that it can be extremely hot before sundown, and that lines are long after it cools at night.

The Grand Strand. The Myrtle Beach area, known as the Grand Strand, extends from the North Carolina state line to Georgetown. The city of Myrtle Beach forms the heart of this seaside playground. You'll find the greatest concentration of lodgings, restaurants, souvenir shops, and billboard enticements here. Waccamaw Pottery and Outlet Park offer bargain shopping. At night, colorful lights on the roller coaster and other rides draw folks to the Pavilion. Expect traffic jams as everyone heads to this turn-of-the-century-style amusement park.

Several communities form North Myrtle Beach. There's more sand between the dunes and the ocean here than in Myrtle Beach, and more condos than motels. Fishing is good too.

Wide beaches also line the southern portion of the Grand Strand, but billboards give way to trees. For a change of pace, spend a morning wandering among the 500 outdoor sculptures at Brookgreen Gardens. Masses of azaleas and dogwoods bloom in April; crepe myrtles brighten the summer.

Across Hwy. 17, Huntington Beach State Park offers camping and a castle to explore.

Farther south, you can watch as Pawleys Island rope hammocks are woven by hand.

Pillow talk. Normally, you have to stay an entire week to rent a condo or cottage. Condo-style hotels are a good substitute for weekend vacationers.

At North Myrtle Beach's Ocean Creek Resort, a studio with an efficiency kitchen costs $90 a night, and a terrific one-bedroom with full kitchen runs $105 per night from the end of June to mid-August. Go earlier or later in the summer and save $15–$25 daily. Prices are lower in early spring, and there's less humidity. Studios till April 15: $45; one-bedroom: $60. *800/845-0353.*

Ocean-front condos usually run $500–$950 per week in the summer, about one-third less otherwise. A four- or five-bedroom cottage costs $1,500–$1,800 per week, with savings up to 50 percent off-season. Hotel and motel rooms run about $60–$120; $30–$90 off-season. The area contains 7,000–8,000 campsites.

In all-you-can-eat calabash seafood restaurants, you can heap your plate with clams, oysters, popcorn shrimp, and crab legs. Meals normally come with melt-in-the-mouth hush puppies.

The area offers a variety of options for evening entertainment, including the Carolina Opry, a country-music variety show. Several clubs feature the shag, the local dance.

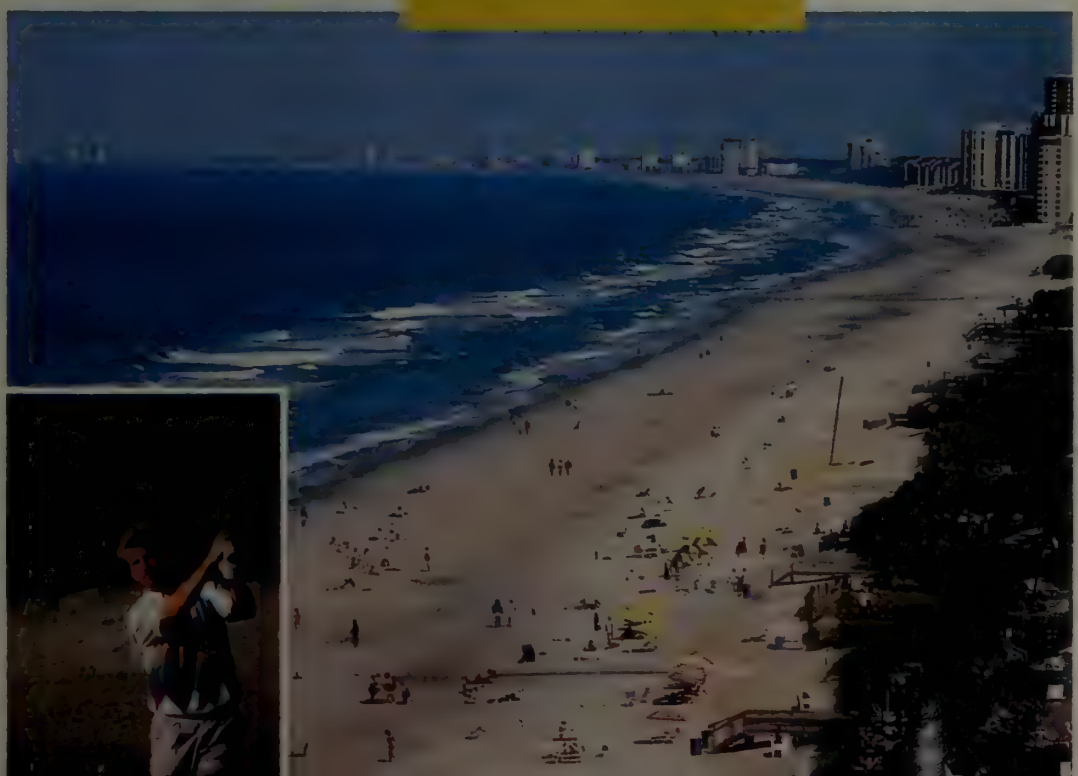
Myrtle Beach Area Chamber of Commerce, Dept. BHG, P.O. Box 2115, Myrtle Beach, SC 29578; 800/356-3016, extension 107.

Even if you don't golf, get a copy of the helpful "Myrtle Beach Golf Holiday Guide," which describes lodgings as well as courses. ***Myrtle Beach Golf Holiday, Dept. BHG, P.O. Box 1323, Myrtle Beach, SC 29578-9939; 800/845-4653.***

—By Lois Anne Naylor

continued on page 220

Weekend vacationers can find plenty to enjoy with the Myrtle Beach area's 60 miles of beaches and 80 golf and 45 mini-golf courses.



weekend getaways

SAN ANTONIO, TEXAS

A San Antonio getaway is like taking a romantic trip abroad, only much cheaper. And you'll never feel like a foreigner. San Antonio lets you discover how delightful big-city life can be in today's multicultural America.

The Alamo, in the heart of downtown, remains San Antonio's most famous shrine. Davy Crockett and 187 others died there fighting for Texas' independence from Mexico. That battle's bitterness long forgotten, modern San Antonio joyfully blends the Latin and Anglo ways of life.

With more than half the populace of Mexican descent, street language is often Spanish, as rapid-fire as the heels of flamenco dancers. Mission bells still sound the hours. There are fiestas at the drop of a sombrero, and smells of spicy foods waft in the balmy breezes.

Pedestrian rhapsody. When you stroll through San Antonio, you feel as if you're in Europe. San Antonio's sidewalks and its famous River Walk, the Paseo del Rio, are the city's living room. That's where folks gossip, kids romp, young people strut and court, and couples stroll sedately.

Twenty feet below street level, the Paseo del Rio, graced by lush greenery and secluded from the fumes and clatter of traffic, loops downtown along an arm of the San Antonio River. Brightly colored awnings and the table umbrellas of outdoor restaurants and cafés flank promenades on either side of the narrow canal. You'll hear talk and laughter, music, and the clink of dishes.

To get from one side of the river to the other, you walk across humpbacked bridges like those in Venice. Tour boats cruise the liveliest stretch of the Paseo.

The whole enchilada. Strolling west from the Alamo and the Paseo, you pass San Fernando Cathedral, an elegant French-Gothic edifice. Antiques fill the restored Spanish Governor's Palace. The arcaded 19th-century buildings of Market Square now house stores and eateries. This is where you'll find El Mercado, the largest Mexican market in the U.S. You'll feel as if you're south of the border when you look at the merchandise in jam-packed Casbah-like rows of stalls: pottery, leather goods, jewelry, silverwork, and colorful papier-mâché gems. You can also eat one of the best Mexican meals ever at the all-day, all-night Mi Tierra Café & Bakery. Don't be discouraged if Mexican food isn't your dish; San Antonio has good restaurants of every kind.

Other attractions. Walk the opposite direction from the Paseo, and you'll see the fountain-framed Hemis-Fair Park with its Tower of the Americas. A glassed-in elevator rockets you to the 579-foot-high observation deck.

Beyond the Tower squats the immense Institute of Texan Cultures with displays heralding the many ethnic groups that built this great state.

Only a few minutes' drive south of downtown, along the Mission Trail, you'll find four historic Spanish missions, including the oldest (1731) unrestored church in the country, Mission Concepcion. At the grandest mission, San José, you can attend a Sunday noon mass with mariachi music. Show up early if you want a seat.

Two great theme parks. Fiesta Texas, a new musical theme park with thrill rides, a water park, and up to 60 shows a day, lies on the western outskirts of the city ($22.95; $15.95, 7–11). Nearby is Sea World of Texas, the world's largest marine life park. The many offerings include whale and dolphin shows, a penguin pavilion, and a water park ($23.95; $15.95, 3–11). Parks are seasonal; verify hours.

Pillow talk. Lodgings, including chains like Hyatt Regency and Hilton, abound in the Paseo area. Doubles average about $80–$100 in spring and summer; lower in the off-season.

For yesteryear charm alongside modern amenities, you can't beat the historic Menger Hotel next door to the Alamo. Since it opened in 1859, guests have ranged from Robert E. Lee to Oscar Wilde (doubles $94–$118; children under 18, free; check on specials). In the Menger Bar, still a favorite local watering hole, Teddy Roosevelt recruited his Rough Riders and Carrie Nation scarred furnishings with her Prohibitionist ax.

If you don't bring children, try the intimate (20 rooms, 14 suites), opulently decorated Fairmount Hotel, a short stroll from the Paseo and Alamo Plaza (doubles, $145–$185).

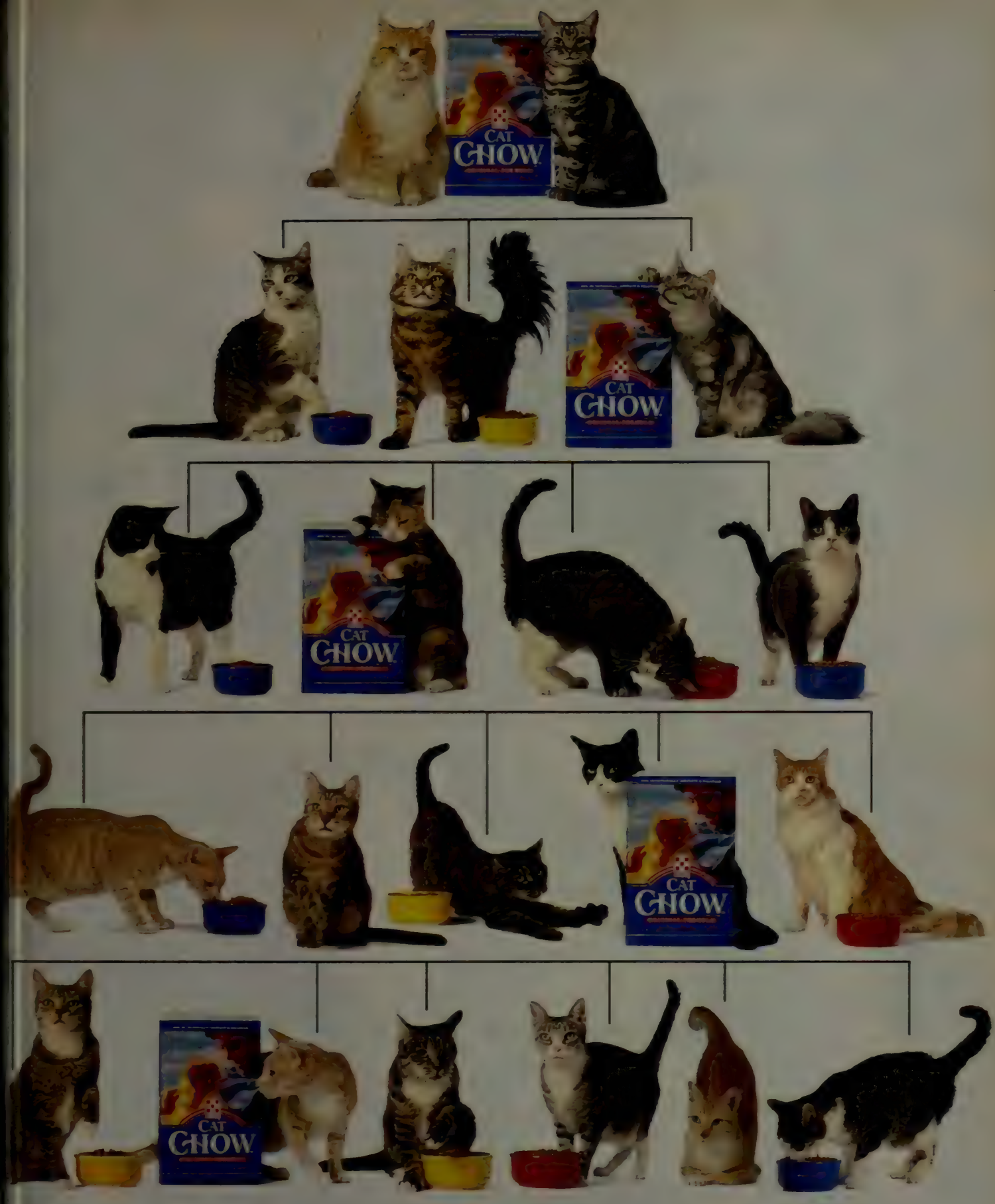
San Antonio CVB, Dept. BHG, P.O. Box 2277, San Antonio, TX 78298; 800/447-3372 or 512/270-8700.

—By George S. Bush

continued on page 224



A relaxing way to tour San Antonio's River Walk is aboard a barge. The Paseo del Rio forms a natural canyon 20 feet below street level.



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VANCOUVER, CANADA

As a weekend getaway, Vancouver's great appeal is its compactness—so many different things to do within such easy reach. In one spring weekend, for example, you can schuss down ski slopes, sail, stroll along the sea, and scour museums and shops.

Located in British Columbia just north of the Washington State border, Vancouver dazzles the senses with scenic and cultural splendors. The Strait of Georgia surrounds three sides of the city—Canada's third largest, with 1.6 million people—while the rugged peaks of the Coast Mountains form a magnificent backdrop. Just minutes from downtown, centuries-old trees thrive in 1,000-acre Stanley Park, part of the Pacific rain forest.

Savoring the sea. For a spectacular view of Vancouver in the round, zoom up 553 feet in less than a minute in the Harbour Centre's glass elevator to The Lookout. Below, the harbor sparkles with activity. Cruise ships slip off toward Alaska. Helicopters and seaplanes swoop off for scenic flights. Ferries chug back and forth among the islands.

Eye-catching white "sails" top Canada Place's convention center, which served as the Canada pavilion during Expo '86. The center shows eye-popping, special-effects films on its five-story IMAX screen.

Tour by trolley. In Vancouver's vibrant downtown, handsome old buildings hunker down between sleek new towers. Hop aboard a bright red-and-yellow trolley, and get on and off as often as you like; one ticket is good all along the 17-stop city circuit. You can pause for a shopping splurge along sophisticated Robson Street. Admire Emily Carr's striking totem paintings at the Vancouver Art Gallery. Inhale the exotic smells of Chinatown. Then, soak up the good-time feel of Gastown, where a unique steam-powered clock toots out the Westminster chimes on the quarter hour.

A short boat or car ride takes you to Granville Island. The former industrial area now sports a lively mix of shops, restaurants, studios, arts organizations, and a farmer's market. Special buys include hand-loomed silk clothing and striking Indian-made silver jewelry. Tiny shoppers enter the special Kids Only Market through their own child-size door.

Emerald oasis. The gem in Vancouver's crown is 1,000-acre Stanley Park, Canada's largest city park. Tour by rental bike or picturesque horse-drawn tram. Take time to stroll along the seawall, watching for the Girl in the Wet Suit, perched on a rock offshore. The statue is a cousin to Copenhagen's Little Mermaid.

Elsewhere in the park, you can peek inside the ancient hollow tree or visit the beluga whales at the Vancouver Public Aquarium. The English Bay beaches are ideal for swimming and people-watching, with many restaurants nearby. Try the salmon, fresh or smoked, at least once.

Rich heritage, mild climate. Flower-bedecked Vancouver has a mild climate. It blends cultural and climatic opposites. Parts of the city look like Britain, yet numerous totem poles showcase the West Coast Indian culture. You'll see the best collection of this art form, as well as other treasures, at the University of British Columbia's Museum of Anthropology.

In Vancouver's split-level climate spring flowers can bloom in February while downhill and cross-country skiing last well into spring. It's possible to ski and golf on the same day.

You don't need to travel far to the slopes. Cypress Bowl, Grouse Mountain, and Seymour Ski Country are each about a half an hour from downtown. Grouse Mountain's aerial tram zips skiers and nonskiers up to 3,700 feet, where there is entertainment and a restaurant.

Suspension bridges and scenic steam trains. Thrill-seekers like to walk across North Vancouver's pair of bouncy suspension bridges, Lynn Canyon and Capilano. The latter sways as you cross a chasm 230 feet above the Capilano River. For less strenuous sight-seeing, British Columbia Rail's beautifully restored Royal Hudson Steam Train leaves North Vancouver during the summer for a two-hour trip up scenic Howe Sound to the logging town of Squamish. Return by rail or boat. Or use your own steam power and take a stroll along the seawall in West Vancouver, stopping for a bite to eat on Marine Drive.

Pillow talk. Hotel prices range from $65 to $200 for doubles. Call *800/888-883* for prices and availability. For bed-and-breakfast and general information: *Tourism Vancouver, Plaza Level Waterfront Centre, 200 Burrard St., Dept. BHG, Vancouver, BC V6C 3L Canada; 604/683-2000.*

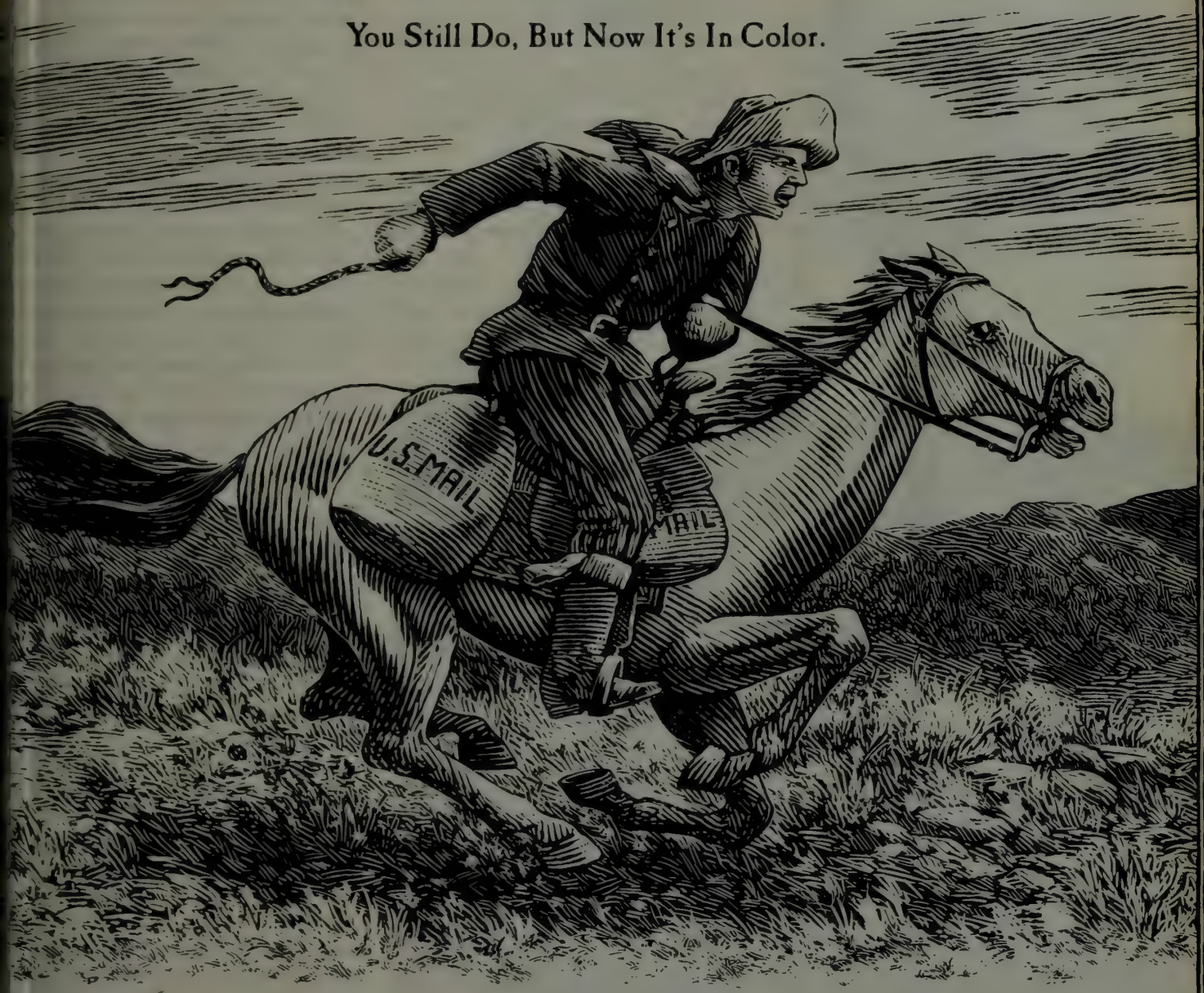
—By Anne Gillespie Lew



Visitors to Vancouver test their balance on the Capilano Suspension Bridge. Stanley Park houses a superb collection of totem poles.

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TRAVEL WEST

MORE WEEKEND GETAWAYS

BOULDER, COLORADO

Outdoor adventures

The university town of Boulder, an hour's drive north of Denver, tucks into the foothills of the Rockies, neatly balancing beauty and bounty between mountain pleasures and civilized pursuits. Boulder's getaway attractions match many moods: a quiet hike on a forest path or a bike ride along a rushing creek; leisurely shopping for antique maps and American Indian art; tapping your foot to live jazz in a restored turn-of-the-century hotel; sipping an iced café mocha at an outdoor café; and watching as the sun sets behind snow-covered peaks.

Denizens' delight. Boulder's instant access to the Rockies and such sophisticated pleasures as fine arts and good food make it a popular tourist stop. But visitors aren't relegated to tourist-only attractions. Instead, when they Rollerblade down the creek path, shop the farmer's market, or browse a bookstore, they join the locals who indulge in such activities daily.

Boulder is considered one of America's favorite sports towns. Hiking and biking capture top spots. An extensive system of easy-to-difficult hiking trails reach into the foothills west of town. You'll see wildlife and historical and geologic features, and probably spot mountain climbers on the area's trademark Flatirons—giant sandstone slabs standing guard over the town.

Many streets have designated bike lanes, and there are 32 miles of bike paths throughout the county. One of Boulder's well-known hotels, the Clarion Harvest House (*800/545-6285*), sits on a prime bike path and offers a "Bed 'n' Bicycle" package. For $120 a night for two ($140 for a VIP suite) you get your room, rental of two bikes and helmets for three hours, a map, water bottles, and fanny packs filled with a picnic lunch.



Street musicians add a lively note to The Pearl Street Mall in Boulder, Colorado.

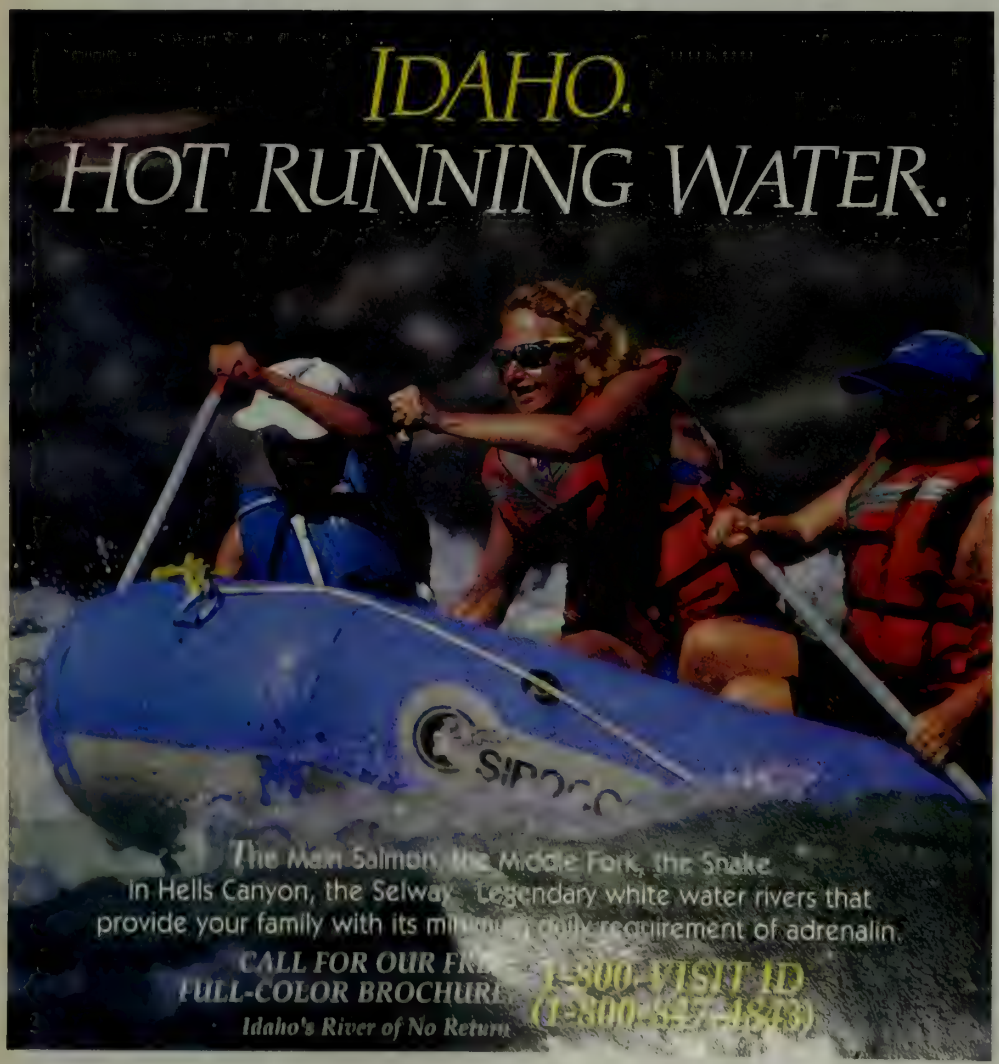
Swinging downtown. Consider no visit to Boulder complete without an exploration of The Pearl Street Mall, a vibrant historic preservation district at the heart of town. Year-round, night and day, the downtown pedestrian mall creates a living stage set, with exits and entrances, a host of characters, plenty of good dialogue and even a bit of drama provided by strollers, shoppers, storekeepers, and a jumble of street performers. Food served by street carts and restaurants ranges from French pastries to fiery Thai and Mexican fare to cooling, traditional Nepalese yogurt drinks.

Within an easy walk of downtown is the historic Mapleton Hill district, full of homes built in the early part of the century and features the new public library plus hiking trails and creekside parks. Up the hill from The Pearl Street Mall, the University of Colorado provides year-round activities from the summer Shakespeare festival to fall football games and winter symphony concerts.

Pillow talk. Accommodations include conventional hotels and motels, historic bed-and-breakfast inns and hotels, and close-in mountain motels. Prices for a double room range from $30 to $140.

For more information, contact the *Boulder Convention and Visitors Bureau, 2440 Pearl St., Dept. BHG, Boulder, CO 80302; 800/444-0447. Or, call the Colorado Tourism Board at 800/433-2656.*

—By Kathryn Black



TRAVEL PLANNING

See *page G6* for a listing of free travel information and literature you can order.

ST. GEORGE, UTAH

Golf galore and more

Here's a great little town where you can play golf any time of year in a glorious desert-mountain setting—the fairways fabulously green against ramparts of red rock, and blue summits, often snowcapped, serving as a backdrop.

Situated on I-15 in southernmost Utah near the Arizona line, St. George is blessed with mild, sunny winters—a light sweater keeps you cozy on the links most days—and comfortably hot, dry summers that are generally less scorching than those of neighboring Arizona.

Although the St. George area, which calls itself "Utah's Dixie," is increasingly popular with vacationers from California and retirees, it's still on the verge of discovery, and prices are refreshingly low. Nice bed-and-breakfast rooms start around $50 a night, motels charge about $40–$75, and greens fees run $12–$22 for 18 holes in peak season (October to June) and even less in summer.

Golf is not the only pleasure. St. George is the gateway to the wonderland of Utah's canyons, the handiwork of aeons of erosion. Forty miles east of town, Zion National Park, with its gargantuan walls of gaudy sandstone, is an easy day trip. Snow Canyon State Park, with sand dunes and black lava beds, lies only 15 miles north, close enough for a half-day outing. If you make your getaway to St. George in April, you'll find the desert all around in bloom, as cacti from prickly pear to cholla advertise their pollen in yellow, mauve, and pink.

Tees for two. You have your pick of four public 18-holers and two 9-holers, all walkable, with pullcarts as well as motorized carts for rent. In winter, tee times should be reserved. The most beautiful and challenging are Green Spring (*801/673-7888*), whose fairways wind among ravines and gorges, with red cliffs providing a spectacular setting, and Sunbrook (*801/634-5866*), whose links are sprinkled with ponds and waterfalls.

Canyon outings. It's only about an hour from St. George to Zion's gigantic gorges. For one of the most spectacular scenic drives of your life,

continued on page G4

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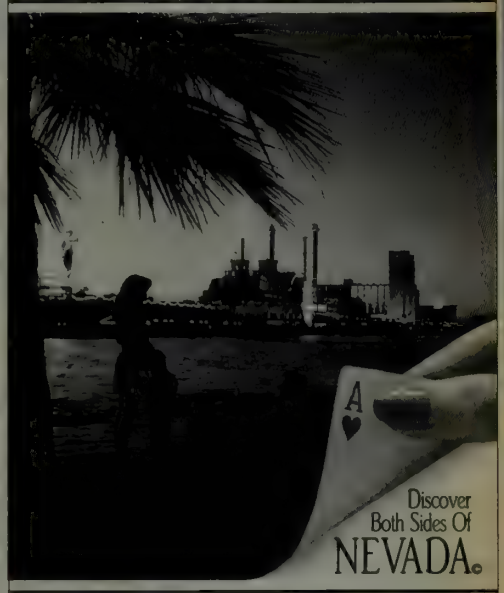
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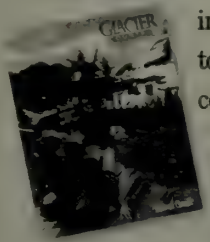
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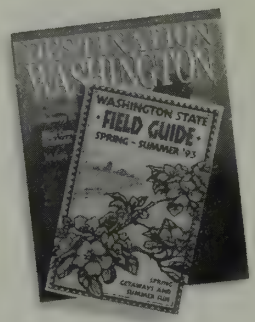
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continued from page G3

continue on the highway (Utah-9) from the park's south gate. You'll zigzag up an almost perpendicular wall until you can barely see Virgin River, the stream that flows through the canyon 2,000 feet below. Drive through the road tunnel drilled into the canyon rim, and park on the other side. From here, you can walk on the Canyon Overlook Trail for a panorama of the plateaus that march like an enormous stairway from Utah into northern Arizona, culminating in the tableland that holds the Grand Canyon.

Back at the canyon's base, retrace your steps and take the side road that follows the Virgin River into the heart of the park. The road ends after six miles when the canyon walls come so close together that there's barely room for a trail beside the stream, let alone a highway. The walls on both sides tower so high, they seem to topple over on you when you look up.

Even the trail eventually ends, but if the water is low and you want to cool off, you can wade the ankle- to hip-deep stream farther into the canyon to where it's only 13 feet wide and the sun never reaches it in places.

Street vendors in Springdale, outside the park gate, rent inner tubes for floating the river where it's wider downstream.

In closer Snow Canyon, you'll enjoy scampering up erosion-rounded sandstone mounds, hiking to old lava caves, maybe joining a one- or two-hour horseback ride. Be sure to inquire about the weekend barbecues held in Snow Canyon State Park.

Pillow talk. Within strolling distance of St. George's downtown historic district, where Brigham Young built Utah's first Mormon Tabernacle in 1877, you can lodge in a delightful bed-and-breakfast, Greene Gate Village, a compound of eight beautifully restored historic homes, one so small you have the whole house to yourself. Rates run $40 to $85, including a big country breakfast that's prepared early if you want to get going. On Thursday, Friday, and Saturday evenings, dinner is served in one of the houses (reservations required).

Another neat bed-and-breakfast is the Seven Wives Inn—this being Mormon country, you can surmise where



Green Springs Golf Course features dramatic scenery in St. George, Utah.

the name came from. Rates here are slightly higher. For fancy condo accommodations, with a health spa and a tennis center, check out Green Valley on the outskirts of town. One-bedroom units start at $110 a night.

For more information, contact the *Washington County Travel & Convention Bureau, 425 South 700, E, Dept. BHG, St. George, UT 84770; 800/869-6635 or 801/634-5747.* State travel information: *Utah Travel Council, Council Hall/Capitol Hill, Dept. BHG, Salt Lake City, UT 84114, 801/538-1030.*

—By George S. Bush

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1 small onion, chopped
1 clove garlic, minced
1 Tbsp. olive oil *or* cooking oil
3 Tbsp. margarine *or* butter
1 lb. fresh mushrooms, sliced
⅓ cup dry white wine
¼ cup finely chopped prosciutto *or* fully cooked ham
1 lb. fresh tomatoes, peeled, seeded and chopped (2 cups)
¼ tsp. ground nutmeg
9 oz. refrigerated spinach *or* plain fettuccine, cooked
¾ cup shredded Parmesan cheese

In a large skillet cook onion and garlic in hot oil and *2 tablespoons* of the margarine over medium-low heat till tender. Add mushrooms; cook, uncovered, 10 minutes or till tender, stirring often. Stir in wine and prosciutto or ham. Simmer, uncovered, 10 minutes or till liquid is evaporated, stirring occasionally. Add tomatoes and nutmeg; simmer for 15 minutes more, stirring occasionally.

Toss cooked pasta with remaining margarine and *half* of the cheese. Transfer to a platter. Ladle tomato sauce over pasta. Sprinkle remaining cheese atop. Makes 4 servings.

Nutrition information per serving: *526 cal., 22 g fat, 15 mg chol., 22 g pro., 60 g carbo., 3 g fiber, 648 mg sodium.*

LINGUINE WITH MUSSELS

2 lb. fresh mussels in the shell (24 to 32)
2 lb. (8 small) tomatoes, peeled, seeded and chopped
¼ cup snipped parsley
¼ cup dry white wine
2 Tbsp. tomato paste
9 oz. refrigerated linguine, cooked
2 cloves garlic, minced
1 Tbsp. olive oil *or* cooking oil
⅛ to ¼ tsp. ground red pepper
Italian parsley sprig

Scrub mussels under cold running water. Using your fingers, pull out the beards that are visible between shells. In a large bowl combine 4 quarts *cold water* and ⅓ cup *salt.* Add mussels and soak for 15 minutes. Drain and rinse. Discard water. Repeat twice.

In a large skillet add tomatoes, the ¼ cup snipped parsley, wine, and tomato paste. Cook, uncovered, over medium-high heat 10 to 12 minutes or till most of liquid is evaporated.

In a large saucepan cook garlic in hot oil. Add mussels, 1 tablespoon *water,* red pepper, and parsley sprig. Steam, covered, 3 to 5 minutes or till mussel shells open. Transfer mussels with a slotted spoon to a bowl and cover to keep warm, saving mussel liquid. Discard any mussels that do not open and parsley sprig. Measure mussel liquid; stir *⅔ cup* liquid into tomato mixture. Bring to boiling.

Toss tomato sauce with pasta and transfer mixture to a serving platter. Place mussels in shells atop pasta. Makes 4 servings.

Nutrition information per serving: *333 cal., 8 g fat, 40 mg chol., 23 g pro., 41 g carbo., 3 g fiber, 350 mg sodium.*

ITALIAN SAUSAGE AND PEPPERS

With a fork, prick 1 pound *mild fresh Italian sausage links.* In a Dutch oven simmer sausage, uncovered, in water 5 to 6 minutes; drain. Cut each sausage into 2-inch pieces. In same Dutch oven cook sausage in 1 teaspoon hot *olive oil* 5 minutes or till brown. Remove sausage. Add 1 medium *onion,* cut into wedges, and 1 clove *garlic,* minced. Cook in pan drippings over low heat till tender; drain fat. Add sausage and one 14½-ounce can *Italian-style tomatoes,* drained and chopped, to the Dutch oven. Cover; simmer 30 minutes. Add 2 *green peppers,* cut into strips. Cook, uncovered, 30 minutes or till peppers are tender and much of liquid is evaporated. Skim off fat before serving. Serves 5.

Nutrition information per serving: *234 cal., 17 g fat, 44 mg chol., 12 g pro., 8 g carbo., 1 g fiber, 823 mg sodium.*



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S&W Four-Bean Salsa Soup

- ½ lb. smoked sausage, cut into bite-size chunks
- 2 cans (14½ oz ea.) S&W Ready-Cut® Salsa
- 1 can (15 oz) S&W Pinquitos *or* S&W Chili Beans, undrained
- 1 can (15 oz) S&W Black Beans, undrained
- 1 can (15 oz) S&W White Beans *or* S&W Garbanzo Beans, undrained
- 1 can (15 oz) S&W Kidney Beans, undrained
- Cilantro, chopped
- Garnish (optional) shredded Monterey Jack & Cheddar cheeses

Sauté sausage 3-5 min., stirring constantly. Drain excess fat. Add tomatoes, beans and cilantro; mix well. Cover, reduce heat and simmer 5-10 min., stirring occasionally. Garnish with cheeses, if desired. Serves 6.

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FROM BARE WALL TO SIDEBOARD
New cabinetry adds character



Visitors often comment that the buffet must be original to the house. That's the highest compliment you can pay Bob, who built it himself.

You can add drama to your dining room with a built-in sideboard that gives your fine china and glassware a proper home.

Bob and Pat Schaelchlin covered a large bare wall with custom-crafted cabinetry that's perfectly suited to their home's century-old character.

Built from birch framework, with solid poplar doors, the design features a lighted central arch to spotlight a flower arrangement or some fancy dishware.

To help blend the sideboard with its surroundings, Bob carved notches in the doors to echo period paneling found elsewhere in the house. The cabinetry is crowned with moldings that match those in the rest of the dining room, and painted the same white that coats the first-floor walls.

Delightful details help distinguish the buffet. The marble-topped counter is flanked by two doors that were built to resemble eight square drawers. To create this illusion, Bob glued four small pieces of wood onto each door.

The area between the wood squares is painted black to create the natural shadow effect that real drawers would make.

More than just a handsome addition to a boring white wall, the couple's floor-to-ceiling sideboard has transformed formal entertaining from a chore to a pleasure.

Before the project, the Schaelchlins had no convenient spot to store their fine china and linens. "I always hated to reach up for a pile of fine china," Pat explains. "And stacking cups has always been a pet peeve." Now, they have easy access to everything they need for entertaining.



A slide-out rack made of wood dowels keeps freshly ironed tablecloths wrinkle free.



Plastic sheets fit together inside several drawers to create safe storage for cups and saucers.

Architect: Marc Tarasuck. Photographs: Ed Gohlich.
Regional editor: Sharon Haven





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WHAT'S A TORD MUN PLA?

On a Thai menu, fish cakes are tord mun pla. Here's a sampling of other popular offerings.

APPETIZERS

Moo satae: Sliced pork marinated in coconut milk and herbs, then charbroiled and served with both peanut and cucumber sauces.

Por pia (Thai spring roll): Fresh vegetables and egg in a soft rice wrapper, served hot with tamarind sauce.

Kanom jeeb: Ground pork and ham, vegetables, and herbs steamed in a rice wrapper and served with a special sweet and spicy sauce.

Tord mun pla: A deep-fried fish cake made with long beans (similar to green beans) and Thai curry and served with a cucumber sauce.

Somtum (Thai salad): Papaya or carrot salad with a lime dressing.

SOUPS

Tom yum: A spicy, broth-style soup made with any kind of meat, mushrooms, lemon grass, garlic, coriander, Thai chili paste, and ginger.

Tom kha: Tom yum, *except* coconut milk replaces the Thai chili paste.

MAIN DISHES

The Thais serve rice with every meal.

Pud Thai: Thai-style fried noodles made with tofu, bean sprouts, sweet radish, onion, ground peanuts, lime juice, and sometimes shrimp.

Thai curry: You may find as many as 15 kinds of Thai curries, ranging from Green Curry, which is made with green peppers and chilies, to Panang Curry, which is somewhat sweet. Most curries are spicy.

Gai pud khing (chicken ginger): Sautéed, sliced chicken with strips of gingerroot and vegetables.

Nuur pud kraprow (basil beef): Sautéed, sliced beef mixed with fresh basil and vegetables.



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Now


TURKEY FRAME SOUP


Serve this meal-in-a-bowl with crusty whole-grain rolls

Just when you think you've gobbled up the last of that holiday turkey, look again. With a few additions, those meaty bones turn into bowls and bowls of hearty soup. Warm up your family in the chilly days ahead by making and serving a batch of turkey soup. Freeze any leftover soup in individual portions to reheat later.

TURKEY FRAME SOUP

Toss in the odds and ends of fresh vegetables that you didn't use for your holiday dinner—

- **1 meaty turkey frame**
- **8 cups water**
- **1 large onion, quartered**
- **½ tsp. garlic salt**

Chopped, cooked turkey (optional)

- **1 16-oz. can tomatoes, cut up**
- **1 Tbsp. instant chicken bouillon granules**
- **1½ tsp. dried oregano, basil, marjoram, *or* thyme, crushed**
- **¼ tsp. pepper**
- **3 cups (any combination) sliced celery, carrots, parsnips, *or* mushrooms; chopped onions *or* rutabagas; *or* broccoli *or* cauliflower flowerets**
- **1½ cups medium noodles**

Break turkey frame or cut in half with kitchen shears. Place in a large Dutch oven or kettle. Add water, onion, and garlic salt. Bring to boiling; reduce heat. Cover and simmer for 1½ hours.

Remove turkey frame. When cool enough to handle, cut meat off bones; coarsely chop. If desired, add more cooked turkey meat (enough to equal about 2 cups total). Set meat aside. Discard bones.

Strain broth through a sieve lined with 2 layers of cheesecloth; discard solids. Return broth to Dutch oven. Stir in *undrained* tomatoes, bouillon granules, herb, and pepper. Stir in vegetables. Return to boiling; reduce heat. Cover; simmer for 15 minutes.

Stir in noodles. Cover and simmer for 8 to 10 minutes more or till noodles are done and vegetables are crisp-tender. Stir in cooked turkey; heat through. Serve the soup immediately or ladle it into six 1½-cup freezer containers, leaving a half-inch of headspace; seal, label, and freeze. Makes 6 main-dish servings.

Range-top reheating: Transfer one portion of frozen mixture to a small saucepan. Cover and cook over medium heat for 15 to 20 minutes or till heated through, stirring occasionally.

Microwave reheating: Transfer one portion of frozen mixture to a 1-quart microwave-safe casserole. Microcook, covered, on 70% power (medium) for 8 to 10 minutes or till heated through, stirring occasionally.

Nutrition information per serving: *210 cal., 5 g fat, 50 mg chol., 17 g pro., 24 g carbo., 592 mg sodium, 3 g fiber. RDA: 10% calcium, 16% iron, 86% vit. A, 30% vit. C, 17% thiamine, 14% riboflavin, 27% niacin.*

A LITTLE BATH FRESHENS UP



PHOTOGRAPH BY PHILIP CLAYTON-THOMPSON, REGIONAL EDITOR CATHY HOWARD

The sponge-painted walls echo outdoor greenery.

Tucked upstairs in an attic alcove, this tiny bath lightens up elegantly and rediscovers its vintage character—all on a shoestring budget—thanks to the owner's creativity.

Less expensive than tile, the painted wall treatment combines sponging and stenciling in outdoor-fresh greens that add depth and elegance to the backdrop. Stenciled waves ebb and flow around the tub over a row of painted-on blocks that look like tile. Walls, painted with a natural sea sponge (available at import stores), first received a base coat of light green paint. White and then a darker green were sponged on top. Try using exterior paint if a moist environment causes your bathroom paint to chip and peel. Be sure to allow extra time for drying. Or protect a painted finish with a coat of clear, washable varnish, such as Deft.

The breezy window treatment won't interfere with bathing in this countryside treetop-level bath, where privacy isn't an issue. An easy-sew swag, made from a satin-stripe sheet, was stretched between two cup hooks and then knotted. To create the fluffy bottom edges, the fabric was looped up; raw ends were tucked into the corner knots.

For more privacy in a small-space bath, combine fabric-covered roller shades or miniblinds with a swag. Or let wooden plantation shutters fill the privacy bill and add architectural interest. Look for low-cost unfinished shutters in the Sears and J.C. Penney catalogs.

To keep down the costs of the bathroom redo, the owners added only a few fittings—a new but nostalgic pedestal sink, an architectural arched beveled mirror, and a handy, easy-to-install glass shelf on porcelain brackets.

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AT-HOME GETAWAY
A fun-loving basement fix-up

It's Friday at midnight. Do you know where your kids are? Chris and Bill Robb rarely lose track of their two teenagers since they built this down-under game room.

Like the popular rumpus rooms of the '40s and '50s, the Robbs' remodeled basement provides an out-of-the-way place for fun and games. With pool, darts, and Fussball, a neon-lighted bar, and a media center, even the adults can't stay away. "Almost every dinner party we have seems to end downstairs," Chris says.

To handle a hearty crowd, the Robbs chose to keep the floor plan open. Vertical support posts, which sliced the basement in half and blocked the ideal pool table spot, were replaced with one horizontal steel beam. To avoid typical basement head banging, the Robbs hired a plumber to raise the pipes to ceiling height.

Unlike the dark-paneled dungeons of days gone by, this basement is so comfortable and cheery that it's sometimes hard to get the company to go home. To keep the atmosphere bright, the media center cabinetry and tongue-and-groove wainscoting are built from warm-toned yellow pine. Black-and-white checkered vinyl tiles are an attention-grabbing floor choice that's as lighthearted and attractive as the room itself.



PHOTOGRAPHS: JESSIE WALKER ASSOCIATES REGIONAL EDITOR JESSIE WALKER

This down-under getaway is as fun as it looks. Thanks to the room's assortment of games, electronics, and refreshments, the Robbs have added a playful dimension to their family life.

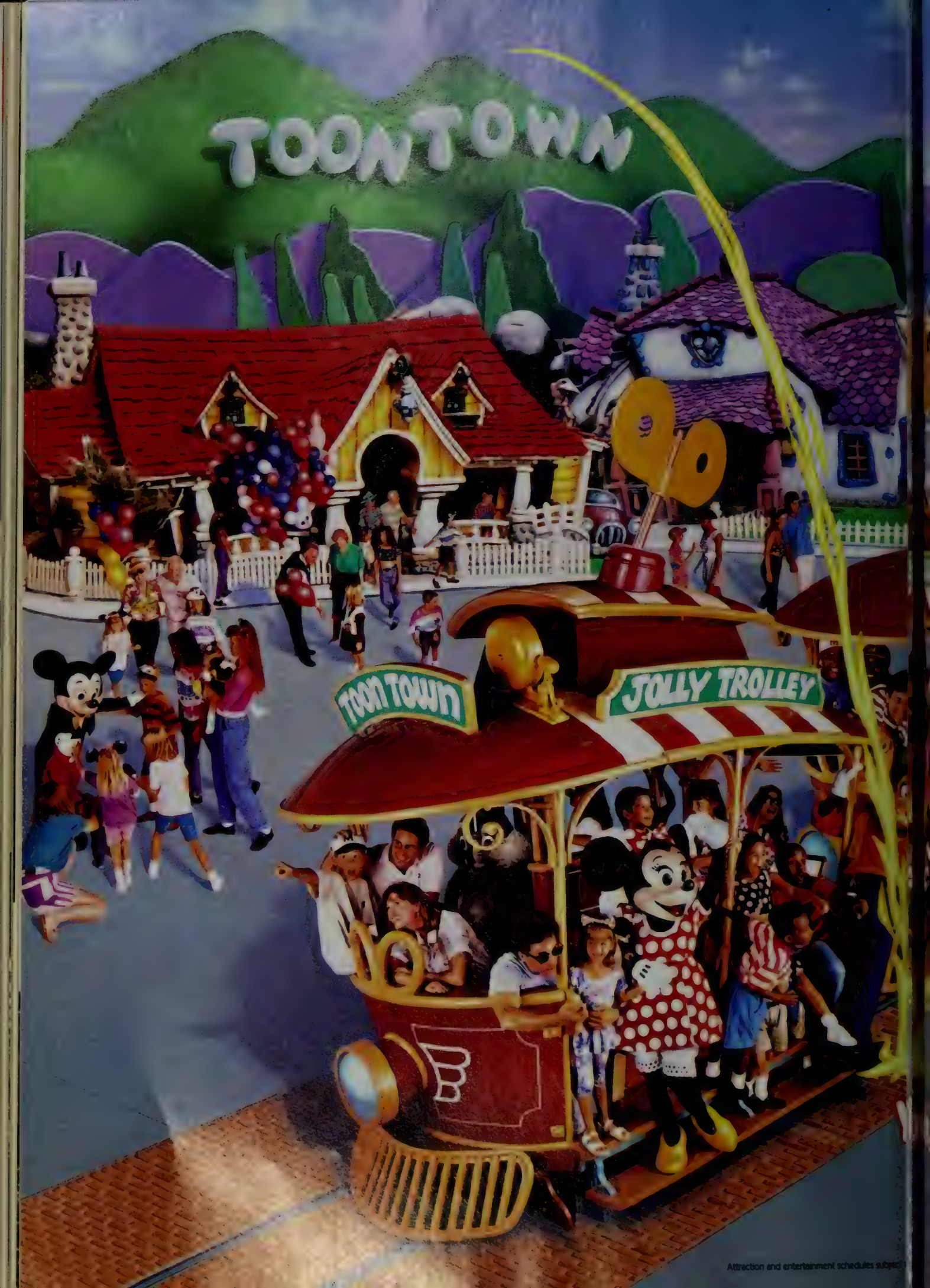


The Robbs used clear-grained pine, which matches the surrounding beadboard, to create a simple but handsome home for television and stereo equipment.



Pine beadboard covers the built-in bar, where visitors love to sit and sip their drinks under the glow of bright neon lights.


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CRAFTS

ANNIE'S ATTIC NEEDLECRAFT CATALOG—Order new and innovative crochet and plastic canvas pattern books from Annie's Attic, Inc. The catalog features a selection of crochet projects, plastic canvas designs and a variety of other needlecraft patterns. A 12-page supply catalog packed full of a complete selection of thread, yarn and accessories is included. Full-color catalog: $1.00. Circle 21.

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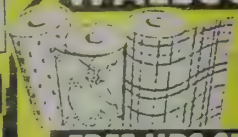
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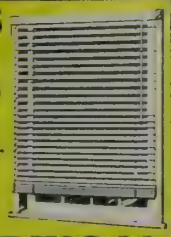


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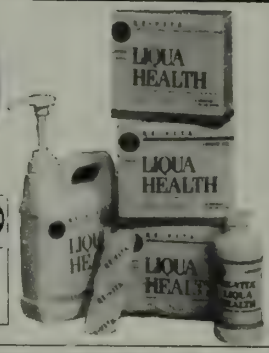
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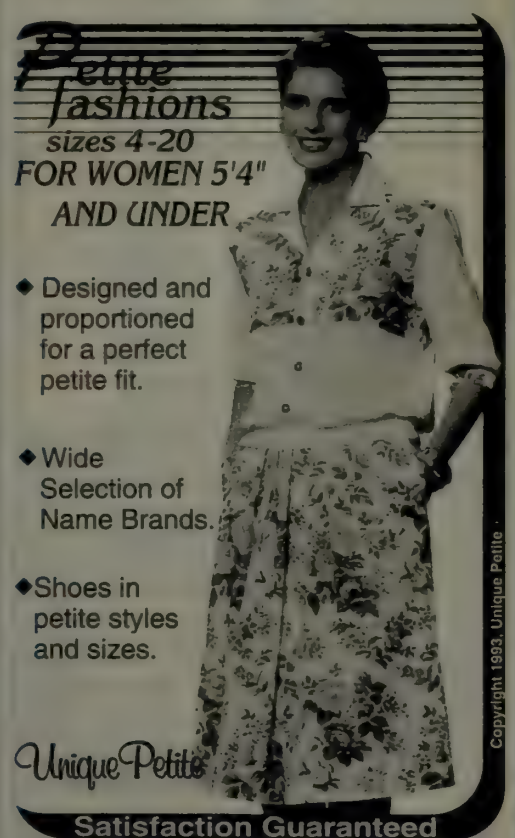
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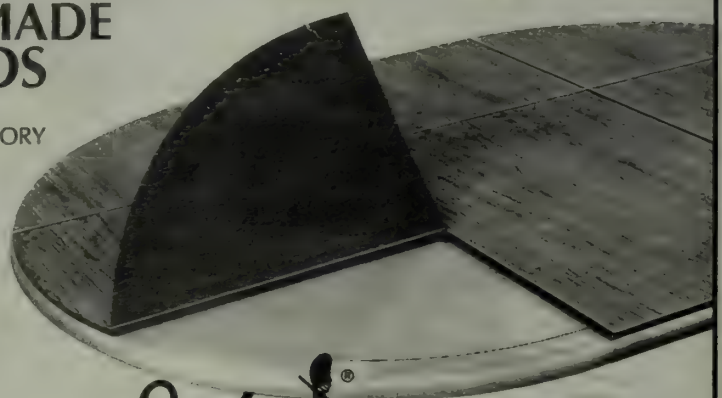
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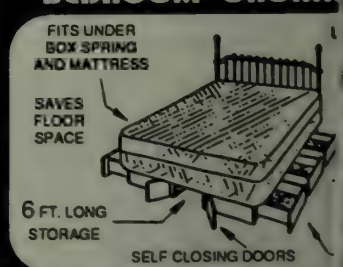
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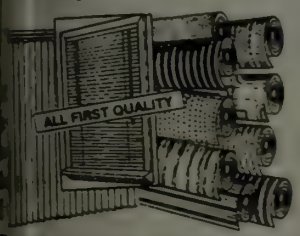
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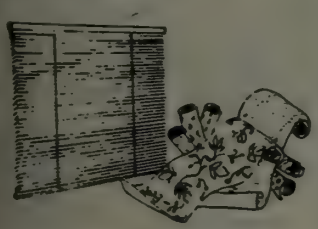


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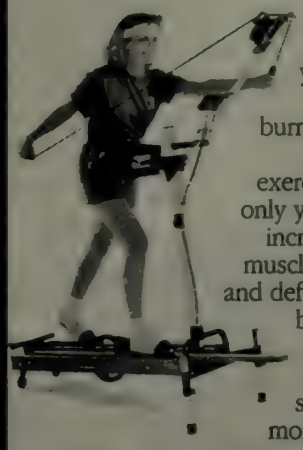


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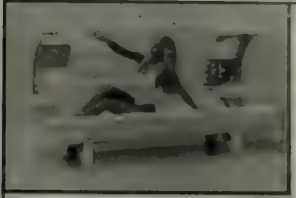
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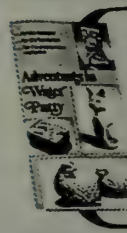


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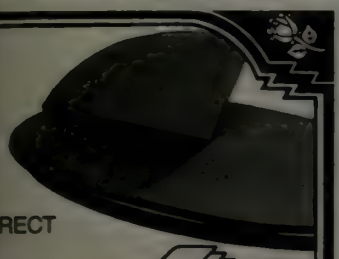


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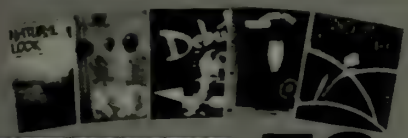
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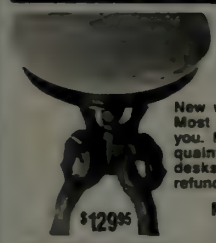
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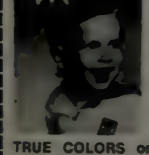
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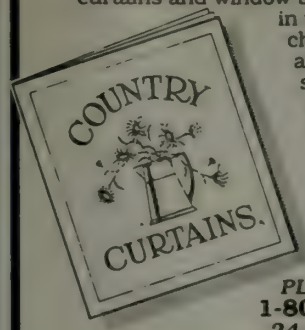
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MARCH 1993

■ College is definitely giving our Rosemary an increased appreciation of life. In a science class, she just learned that human parents are about the only creatures on earth that allow their children to come back home.

■ One of the lessons of parenting that Christine and I have learned over the years is that the children will grow fastest almost immediately after we have purchased them new clothes.

■ To his collection of direction-finding tips for "the wilderness," that includes the North Star and moss on trees, Burt Jr. has now added a more modernistic clue: Television satellite dishes always face south.

■ Police in our city warn that an increasing number of high-capacity stereo sets are being taken from automobiles, but Ned Carter can't decide whether that is evidence of a crime wave or just a municipal-improvement project.

■ Highway patrol officer Brenda Nelson reports that our ever-accelerating pace of life is encouraging too many motorists to pay closer attention to their rearview mirror than to their speedometer.

■ Our single friend Elaine Cowan defines romance as cooking up a gourmet meal, and reality as washing the dishes afterwards.



"Boy, are you going to owe a bundle, mister! These have been out all winter!"



"... say, that sounds like fun. Let's try it that way!"

■ "We'd be a lot more content these days," the Rev. George Hall declared last Sunday, "if we spent half as much time counting our blessings as we do adding up our birthdays."

■ After a spirited family discussion about school, clothes, and social activities, Christine and I concluded that children are Mother Nature's way of keeping parents advised of what is really going on in the world.

■ Christine and I find that sometimes the household budget is right on target, but sometimes it's a near myth.

■ Grandma Hillis believes a lot of people are totally honest—as long as you don't ask them about how their children are doing.

■ Editor Earl Reeves notes that the experts say computers may someday rule our lives, which is a terrible thing when you consider that computers don't forgive.

■ If they ever hold a supermarket Olympics, they ought to give a medal for running right past the potato chips and heading straight to the yogurt.

While out for a rare and precious Sunday afternoon drive with Chris, I had another taste of her life as a real estate agent. The office called on her cellular phone. Our pleasant meander was suddenly over.

More and more, there's no escaping the phone—or its minions. Beepers shatter the quietest moments of classical concerts. FAX machines clatter incessantly. Just calling to say, "I love you," carries the risk of interruption by the click/clunk of Call Waiting.

Sadly, the machines are no smarter than the folks using them. Marginally important matters arrive just as instantly as those rare emergencies that justify all this technology. I guess it's natural that weeds sprout faster than flowers.

Let's hope that someday these tools of communication will be equipped with the common sense of a four-year-old—or a love-struck 44-year-old.

Burton Hill

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Better Homes and Gardens

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MANTIC GARDEN RETREATS p. 23

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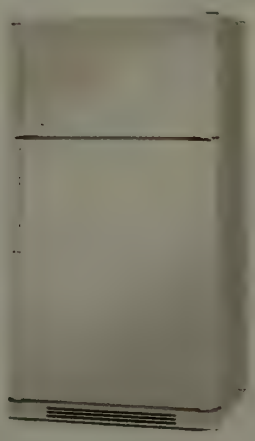
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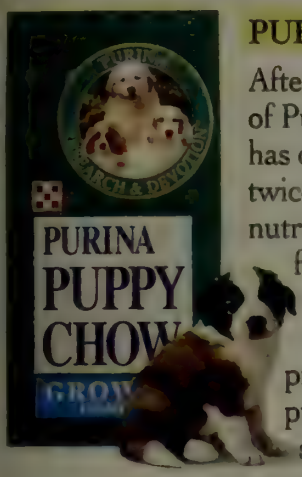
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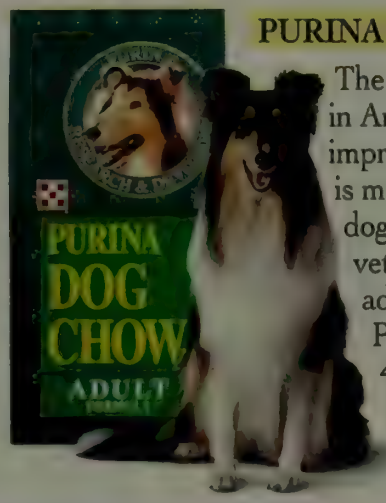
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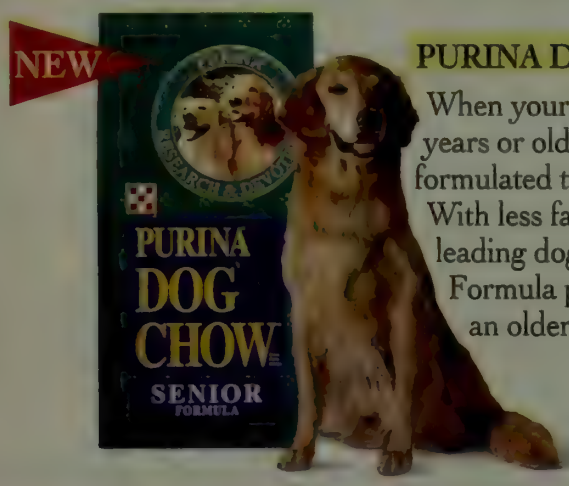
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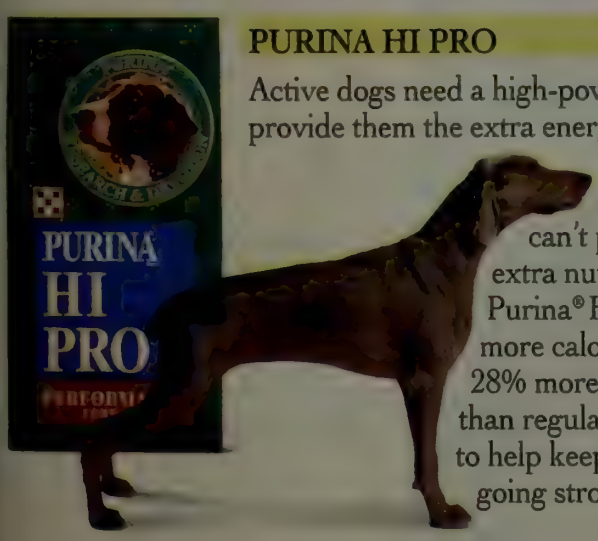
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WOMEN'S HEALTH NEWS

Monistat® 7 disposable applicators make treating yeast infections even easier.

Pick four women. Your best friend. Your realtor. Your boss. Joan of Arc. Statistics say that three out of four of them have suffered from a feminine yeast infection. Chances are, you have too.

What causes it? Some blame stress, even good stress. A pregnancy, a promotion, a move to a bigger, better house. Others point a finger at the very activities one does to maintain a healthy body. Aerobics in a skin-tight leotard. Lingering in a wet bathing suit after a vigorous swim. What is known for sure is that there is an overgrowth of naturally occurring fungi in the vagina. This imbalance results in the itching, burning and discharge commonly associated with yeast infections.

DISPOSABLE APPLICATORS TO THE RESCUE

The good news is that yeast infections are a lot more convenient to cure because Monistat 7 comes with seven ultraslim disposable applicators. This eliminates the need for washing the applicator after each use.

Use only as directed. ©OPC 1993



"I'll never wash another applicator."

Listen to one woman's story:

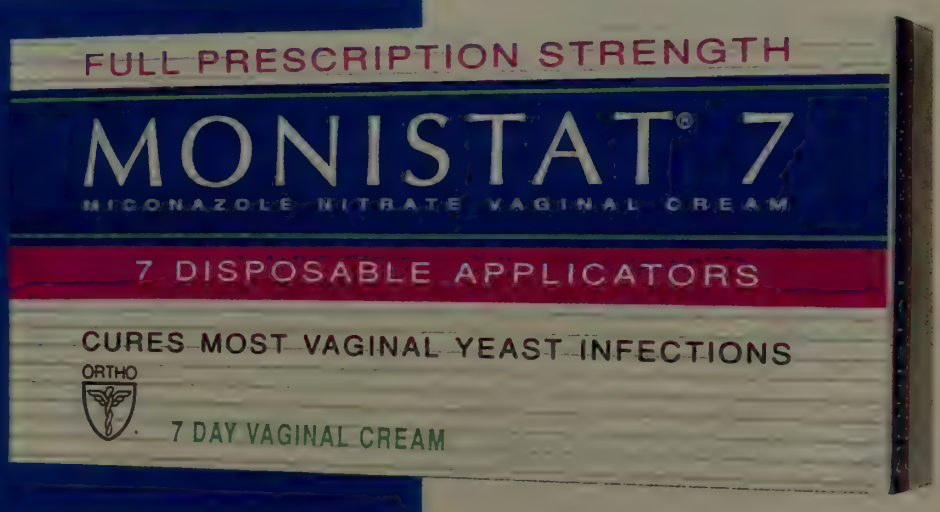
"When you get as many yeast infections as I do, you can get tired of washing out the applicator. But no more. I use Monistat 7 with seven disposable applicators. My yeast infections may come and go, but washing out the applicator is gone for good."

HOW DO I KNOW IF IT'S A YEAST INFECTION?

If you have to ask, see your doctor. But if it's your second, third, or tenth yeast infection, no doubt you'll be able to recognize the symptoms. Either way, you'll probably need an antifungal cure.

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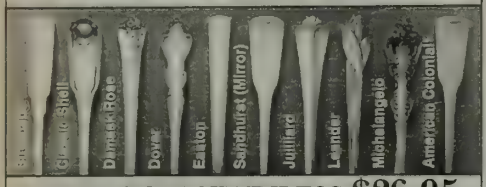
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3 PC Serving Set	90.00	32.95	68.00	26.95	52.50	19.95	37.50	14.95
46 PC Set	900.00	327.95	680.00	259.95	525.00	189.95	375.00	139.95
66 PC Set	1260.00	459.95	952.00	369.95	735.00	269.95	525.00	199.95
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Iced Tea Spoon	16.75	7.95	12.50	5.95	9.75	4.75	7.00	3.25
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EDITOR'S LETTER

APRIL 1993



SCOTT LITTLE

MOTHER'S DAY GIFTS THAT MAKE A DIFFERENCE

Dear Readers,

The lovely Edna Hibel box you see in the photo *above* is one of the gifts we are offering for sale this year for Mother's Day, with the proceeds going to The Better Homes™ Foundation to help homeless families. We're also offering the beautiful sterling silver Better Homes Pins created exclusively for the benefit of our foundation by the Marshalls stores. The good folks at Marshalls offered these pins in their stores nationwide during a limited period over the holidays. They've told us that their customers just loved them. Sales of the pins raised more than $100,000 for our foundation! The pins are not for sale in any store now, but to order one or a Hibel box for your mom in time for Mother's Day, see *page 35.*

If neither of these gifts tickles your fancy, turn to this month's "Gardener's Almanac," *page 30.* You'll see how to order another great gift, the Small Miracle miniature rose from Jackson & Perkins. Five dollars from each sale goes to our foundation.

Jackson & Perkins and another firm, Harry and David, both carried the Small Miracle rose in their holiday catalogs last year, which contributed more than $150,000 to help homeless families through the foundation. I can't begin to tell you how grateful I am to all three of these companies and to all of you who responded to these offers! I *can* tell you that a quarter of a million dollars will help a lot of homeless families in their struggle to get back on their feet and back into mainstream family life.

In the article that accompanies the information about ordering the Hibel box and the Better Homes Pins, you'll read about a couple of the programs recently funded by our foundation. These two happen to be about child care, a subject always close to my heart. Whenever I visit a child care program, I'm always delighted to see all those innocent, beautiful little children rescued, for a few hours at least, from the fear, uncertainty, and boredom of life in family shelters. In these centers, they have friends to play with, loving folks to care for them and train them, and a sense that someone besides their mothers loves them too.

Meanwhile, their moms have some time for job training, counseling, or other activities to help make better lives for their families. They also get a few blessed hours of relief from the aching responsibility of trying to look after their kids with little money and none of the comforts of home.

If you'd like more information about The Better Homes™ Foundation and the programs we fund, send a self-addressed, stamped envelope to:

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And, order one of our gifts for your own mom. You'll both feel good!

David Jordan, Editor in Chief

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EMPTY NEST REPLIES

Angelita Ledesma's January letter, "Empty Nest Dilemma," inspired hundreds of readers to offer suggestions. Angelita wrote that she is having a difficult time adjusting to life around the house without her children.

Get out of the house! Your nurturing, cooking, and organizational skills are needed in the community. Consider volunteering at a children's hospital, nursing home, or soup kitchen. Also, consider joining a support group where you can meet other women and share ideas and develop friendships.

Angie Fedele
San Diego, Calif.

The best way to handle feelings of loss is to understand them as a period of transition, another "stage" in your life similar to the realization that there is no Santa Claus. You experience a loss of the comfortable and familiar and feel you will never be able to face the truth, but then you realize that even without Santa Claus, Christmas can be a loving, giving, caring time.

Sandra Pelletier
Greencastle, Pa.

FETAL ALCOHOL SYNDROME?

In 1983 we adopted a 5-year-old boy from the state of Idaho. He was taken away from his birth mother because she was a severe alcoholic who neglected him. During the past nine years we have had many difficulties with Justin, ranging from behavioral problems to learning disabilities.

After reading several articles on the topic, I'm convinced that Justin has Fetal Alcohol Syndrome. I would like to hear from anyone who has dealt with this problem.

Kalee Mann
Wayan, Idaho

FROM FAR AND AWAY

My sister has returned from a year in American Samoa with a new husband and a "baby on the way." I'm very excited for all of them, but my parents are having trouble accepting a Samoan son-in-law. They worry about his "true" motives. I'd like advice from families in similar situations.

Donna Frankovic
San Diego, Calif.

OVERANXIOUS CHILD

How can I stop my 12-year-old son from being overprotective of me? It's sweet how much he loves me, but he worries *too* much. He calls me at work to tell me to please be careful and make it home "in one piece."

Donna Tanski
Jersey City, N.J.

NASTY NEPHEW

My 8-year-old nephew is extremely vulgar. He hits and spits at everyone he knows, and no one in the family knows how to stop him. We're frightened of the person he'll become in adulthood if his behavior doesn't change. If anyone has had a problem child and discovered the formula for changing his behavior, please write and share your experience with us.

Loretta Green
Attapulgus, Ga.

SELF-CONSCIOUS 7-YEAR-OLD

My 7-year-old daughter loves to sing, attends all her choir practices, and knows the songs well. Yet when it's time to sing with a group in front of church, she refuses and cries. I'm concerned that she's so self-conscious at such a young age. What can I do?

Catherine Izmerian
Blytheville, Ark.

WRITE TO US

Family Network welcomes letters describing how you solved a problem involving your family or your community, or letters asking for help with a problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.


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GOOD NEWS FOR ELM LOVERS



America's most threatened tree is out of the woods. Thanks to hardier new hybrids, the stately American elm—ravaged by Dutch elm disease for nearly six decades—is making a comeback.

The American Liberty elm. One of the best new elm hybrids is American Liberty, developed by a University of Wisconsin-Madison breeding program headed by Dr. Eugene Smalley. This new strain isn't totally immune, cautions Dr. Smalley, but it is a significant improvement over the highly susceptible native American elm.

How Dutch elm disease spreads. Dutch elm disease is caused by a fungus that clogs an elm's water-conducting vessels. The initial visible symptom is flagging, or the yellowing and browning of leaves, followed by curling. As the disease progresses, the tree's limbs continue to die until, finally, the entire plant succumbs and needs to be removed.

If elms grow close enough together for their roots to graft, the fungus can spread through this underground route. Graft transmission of Dutch elm disease has rapidly devastated rows of densely planted elms along streets in urban areas.

The disease is also spread by bark beetles. Beetles pick up sticky fungal spores on stricken trees and transport the spores to healthy trees as they feed in the crotches of twigs. Bark beetles seem to prefer older elms to younger ones. That fact alone gives American Liberty elms a great advantage—by the time the trees are fully mature and more attractive to beetles, they're considerably more resistant to the spreading fungus.

Controlling the disease. Dutch elm disease control programs include mechanical trenching or soil fumigation to eliminate root-graft transmission, methoxychlor sprays to reduce beetle populations, and fungicide injections to attack the invading fungus directly.

The fungicides Arbotect and Lignasan BLP are used for both prevention and cure. These fungicides will save an elm if infection is not too far advanced. Injections by professional arborists can cost several hundred dollars, but they may be worth the expense if a high-value tree is at risk.

Sanitation—or the elimination of beetle brood wood—is critical to controlling the spread of Dutch elm disease. Beetles overwinter as larvae just beneath the bark of dead and weakened elm wood, and as adults, lay their eggs there. Smalley recommends pruning infected or dead limbs during dormancy when beetles are inactive. Because the beetles can range several miles, avoid stockpiling branches and logs for firewood. Limbs should be burned, buried, debarked, or chipped before the adult beetles start to emerge in the spring.

An ounce of prevention. Adopting a few precautionary practices from the start will fortify the disease resistance of the American Liberty elm, according to Smalley. To prevent root grafting, he advises against planting elms near each other. Because bark beetles are more likely to attack stressed trees, keep elms healthy by fertilizing them each spring. Spray the trees annually with methoxychlor to offer additional protection against beetles.

The Elm Research Institute. The Elm Research Institute (ERI) is a nonprofit organization founded in 1967 to help the American elm survive. The group helped fund the development of American Liberty elms and is their exclusive distributor. A regular individual ERI membership costs $25 and entitles the member to a 1- to 2-foot-tall American Liberty elm. (Shipping charges are extra.) Sustaining ($50) and charter ($100) individual memberships receive larger trees. Members may purchase as many as six elms per year. In some areas, you can purchase trees from local Boy Scouts of America troops that have elected to participate in ERI's "Johnny Elmseed" program.

The ERI warrants American Liberty elms for 10 years against mortality from Dutch elm disease. It also sells a low-cost fungicide to members and rents low-pressure injectors. Instructions for treatments are included.

For more information, write to the Elm Research Institute, P.O. Box 805, Harrisville, NH 03450. Or, call 800/FOR-ELMS.

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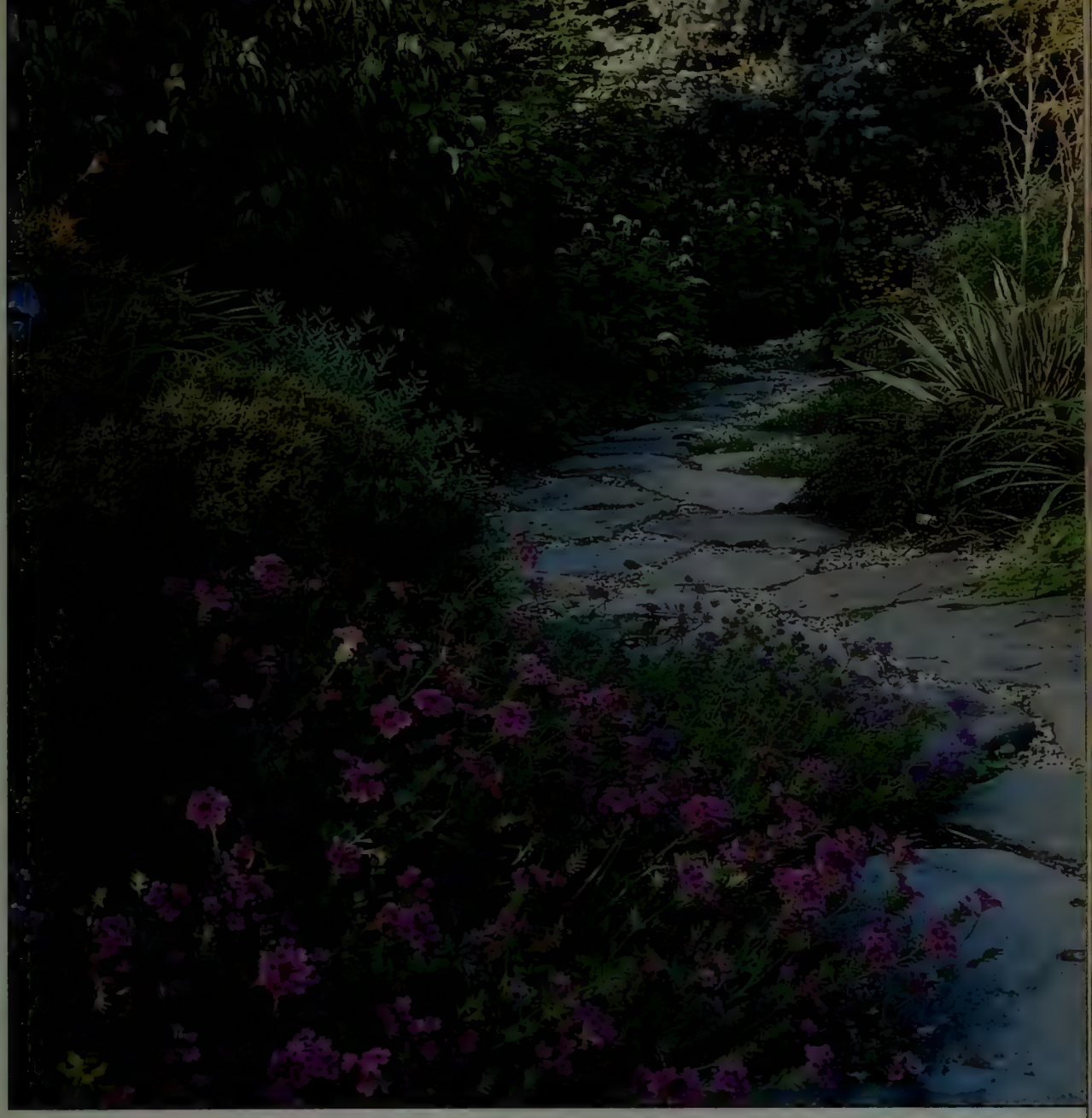
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MATCH MOTHER NATURE

Great garden paths enhance your landscape without competing for attention. Here, granite stepping-stones flow through drifts of rose, yucca, verbena, ajuga, cotoneaster, alyssum, gooseneck loosestrife, coreopsis, houttuynia, sedum, and azalea.

Photograph: Bill Stites. Garden design: Conni Cross. Regional editor: Bonnie Maheram

A *Walk Through* THE GARDEN

Landscaping doesn't have to be elaborate to be effective. Often an inviting garden path and some colorful plants are all you need.

BY DOUGLAS A. JIMERSON

ELEGANT EDGING

Show off your favorite flowers and eliminate time-consuming edging chores by installing a garden path along the front of a shrub or perennial border. In this Seattle garden, a concrete aggregate and brick walkway doubles as a low-maintenance "mowing strip." The adjoining border contains coreopsis, lamb's-ears, rose, baby's-breath, lily, iris, and fennel.

Photograph: Mike Jensen. Garden design: Green Architecture. Regional editor: Trish Maharam.

ALONG THE STRAIGHT AND NARROW

Where space is limited, a long, straight path is often your best option. Be sure your walkway is at least 3 to 4 feet wide to accommodate two people walking next to each other. In this narrow side garden, a 4-foot-wide brick path transforms a once barren side yard into a lovely garden retreat. Clumps of lavender, yarrow, and pink roses provide spring-till-fall color.

Photograph: Bill Stites. Regional editor: Bonnie Maharam





OFF THE BEATEN PATH

Consider a garden path anywhere occasional foot traffic causes your lawn or garden to suffer. Here, granite stepping-stones were installed over an unsightly rut that had developed between the home's entry and side yard. Garden beds flanking the path are packed with dwarf pine, lily, ornamental grasses, lavender, Japanese maple, daylily, peony, and rhododendron. Ground-hugging plants like thyme, chamomile, and corsican mint creep between the stones.



PAVE THE WAY

Always choose paving materials appropriate for the traffic flow your walkway will have to endure. If the path will be located in a high traffic area, rely on modular paving materials such as brick or concrete pavers that can be placed closely together for easy maintenance and safety. Save irregularly shaped materials such as stepping-stones or tree rounds for less busy routes. Here, as it nears the house, a stepping-stone garden path gradually changes to a brick patio.

A Walk Through The Garden



GET OUT OF A RUT

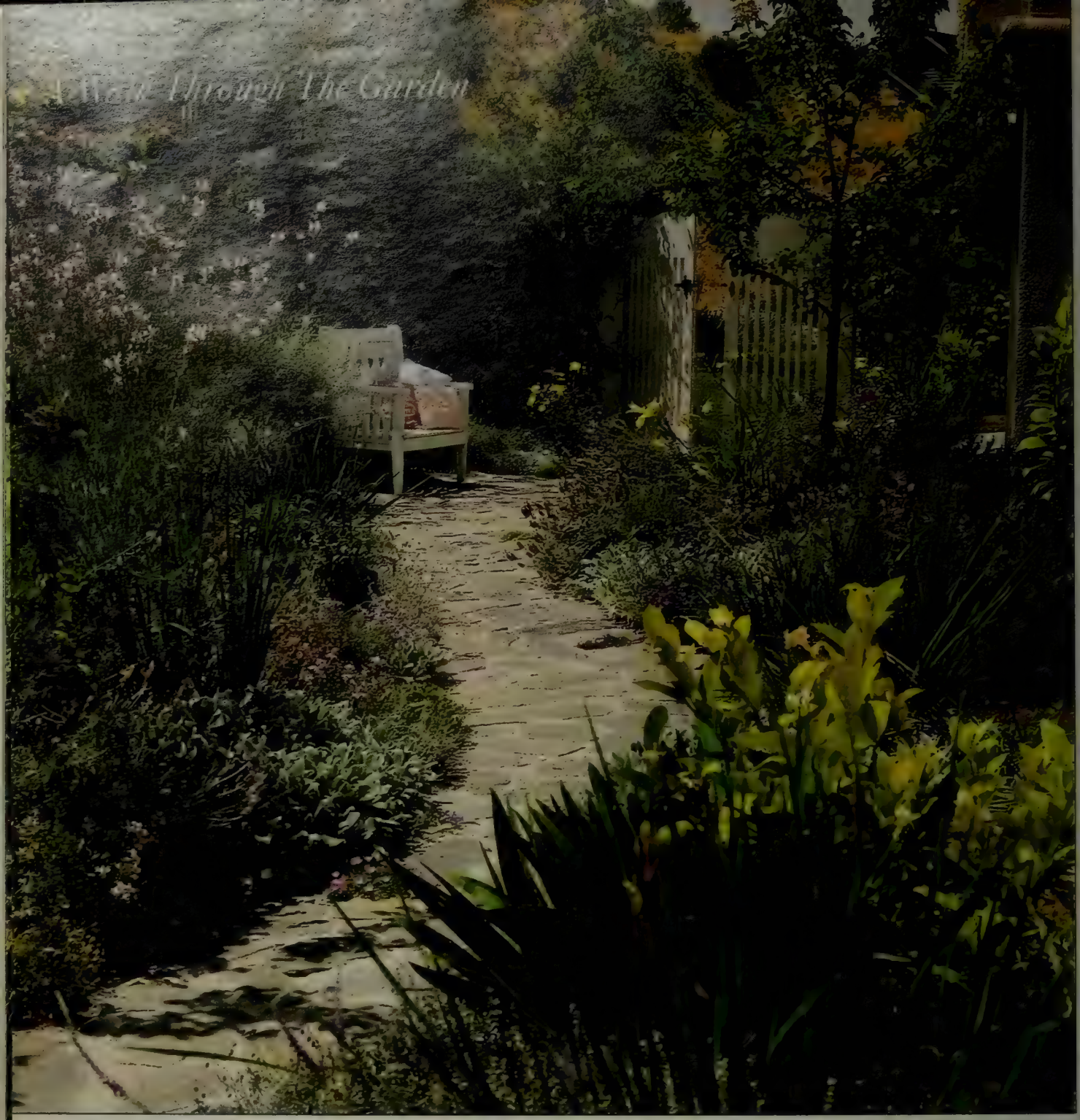
When you plan your garden path, remember that concrete and asphalt aren't your only paving options. There's a wide variety of paving materials to choose from that can better reflect the character of your garden. In this backyard, a Japanese-style walkway was created with crushed rock and a stockade of round timbers. Landscape fabric installed under the path prevents weeds from sprouting through the stones. Liriope grows at the path edge.

Photograph: Barbara Martin. Regional editor: Mary Anne Thomson

THE PATH LESS TRAVELED

Simplicity is the key to a successful garden path, especially when you want it to play a supporting role for the surrounding flowers. Here, a band of concrete stepping-stones threads its way through a broad bed of zinnia, impatiens, black-eyed susan, phlox, and torenia. The stepping-stones allow access to the flowers for weeding and maintenance without taking up yards of valuable garden space.

Photograph: Barbara Martin. Garden design: Vivian Gellman. Regional editor: Mary Anne Thomson



FIND A FOCAL POINT

For interest, add a focal point such as a gate, bench, or arbor along your pathway. Here, a gently curving stepping-stone walkway blazes a trail through a mix of lavender, lamb's-ears, daylily, thyme, and penstemon. A well-placed bench is the centerpiece of the garden.

Photograph: Jon Jensen. Garden design: Jill Appenzeller. Regional editor: Helen Heitkamp

GARDEN PATH POINTERS

- **Consider all your paving options before you start construction. Some materials, such as brick, are more appropriate for heavy traffic areas.**
- **Keep your design simple. Avoid complicated twists and turns.**
- **Use a garden hose to lay out your path's outline. This way you can get an idea of how your finished project will look.**
- **Make your path 3 to 4 feet wide. That's broad enough to accommodate two people walking side by side.**
- **Add a slight curve or series of curves to your pathway plans. On sloping ground, use a curved path to help reduce the grade. Broaden the walk where it curves.**
- **Improve drainage by making level paths a little higher in the center. This will prevent water from puddling after rainstorms.**

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GARDENER'S ALMANAC

APRIL



PETER KRUMHARDT

A MUM FOR TWO SEASONS

When you're planning your spring garden, don't overlook chrysanthemums. These traditional fall flowers are available now, in full bloom, at garden centers around the country. After flowering, remove the faded blossoms and let the plants continue to grow. By September, your mums will reward you with another explosion of blooms. Barbara chrysanthemum is one of many you can choose from.



SMALL MIRACLE ROSE

A Small Miracle can help the homeless families in America. A portion of the sale of each Small Miracle rose—dedicated for the benefit of parents and children in need—will go to The Better Homes Foundation, a nonprofit organization that helps families. Small Miracle rose is available from Jackson & Perkins for $24.95 plus a $3.95 delivery charge. Call Jackson & Perkins at 800/292-4769 (specify No. 7180). Your rose will arrive in a 6-inch decorative basket.

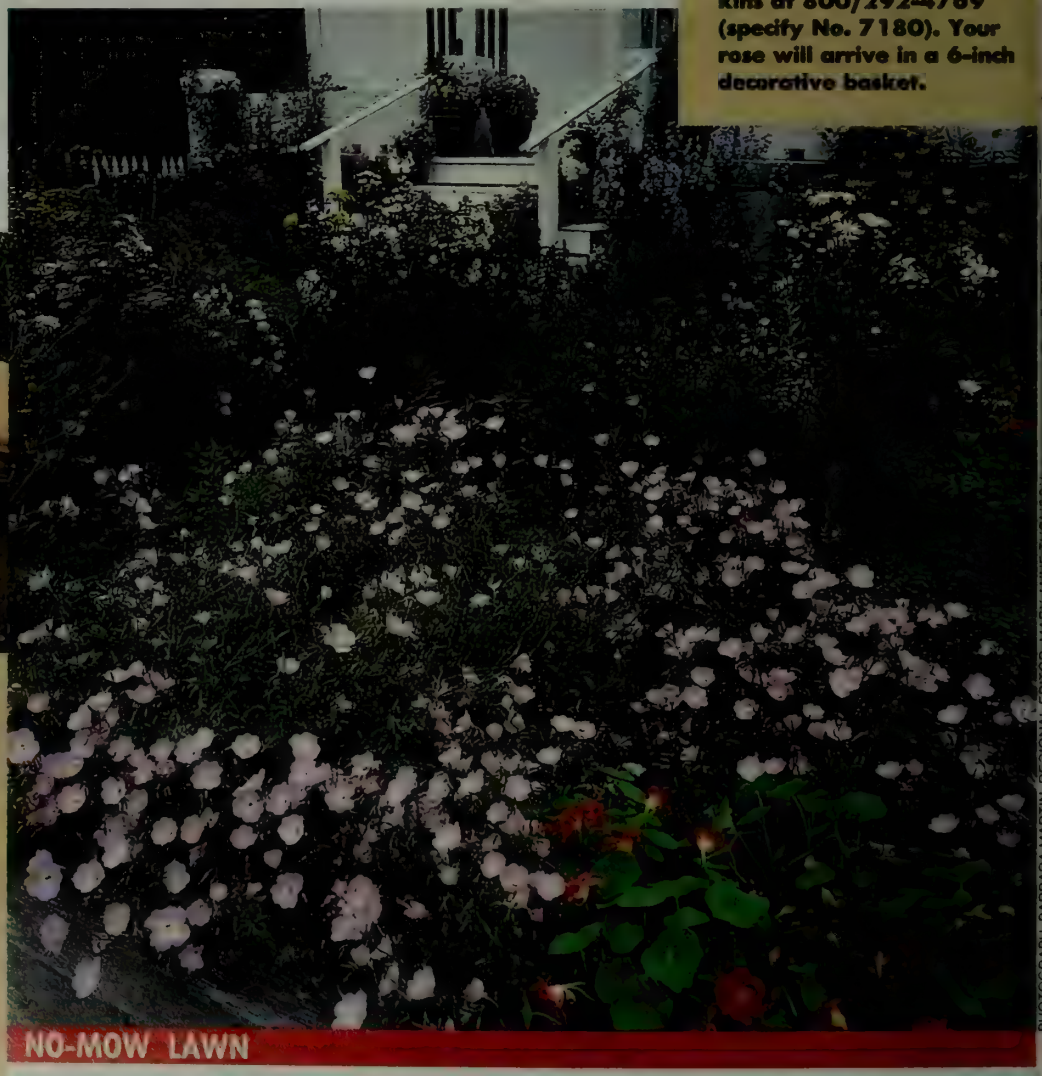
BY DOUGLAS A. JIMERSON



PHOTOGRAPH: KARLIS GRANTS
REGIONAL EDITOR: CATHY HOWARD

HARVESTING GARLIC CHIVES

In early spring, Peter Chan, our Oregon Test Gardener, uses flowerpots to blanch garlic chives. "I think garlic chives gain a delicious mild flavor when they're blanched," says Peter. To start, Peter cuts the young green sprouts back to the ground. Then he feeds the plants with a little [illegible] covers [illegible] for 10 days. The [illegible] the sun, [illegible] flowerpot's drainage hole is covered, [illegible] After harvesting, Peter removes the pot and lets the plants grow normally.



NO-MOW LAWN

Tired of spending Saturday morning mowing your front lawn? Just roll back the sod and replace it with a crazy-quilt mixture of quick-growing annual and perennial flowers. Here, evening primrose (*Oenothera speciosa*), nasturtium, nigella, yarrow, delphinium, nepeta, cranesbill geranium, and shasta daisy create a welcome mat of bloom. Once established, these hardy flowers will choke out most weeds.

continued on page 32

IT'S TOO BAD OTHER BRANDS DON'T PAD THEIR SHOES AS MUCH AS THEIR PRICES.



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Model wearing Taupe Halyard. Also shown: Plaid Spinnaker, Beige Wayfarer and Lagoon Halyard. All priced under $30.

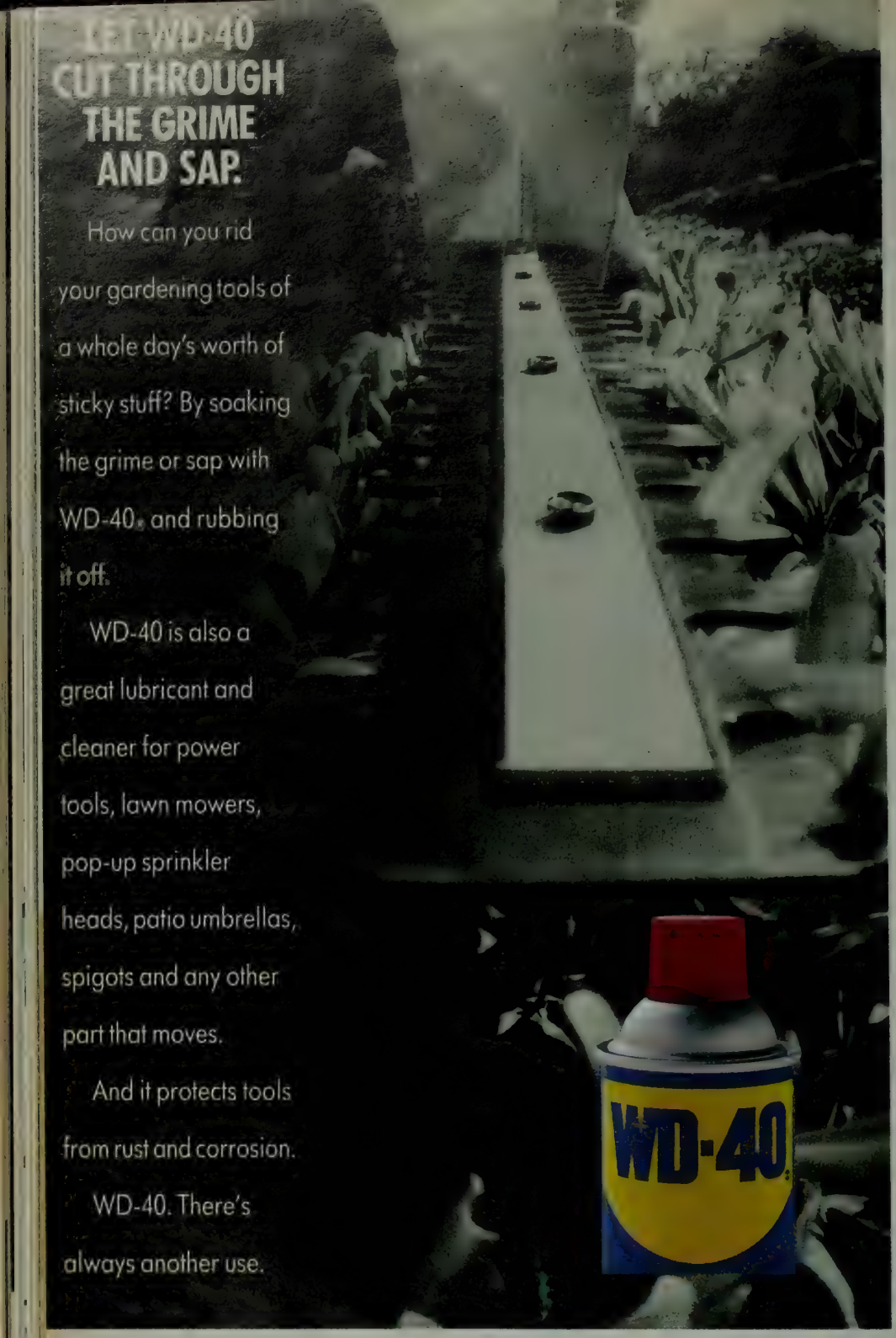
LET WD-40 CUT THROUGH THE GRIME AND SAP.

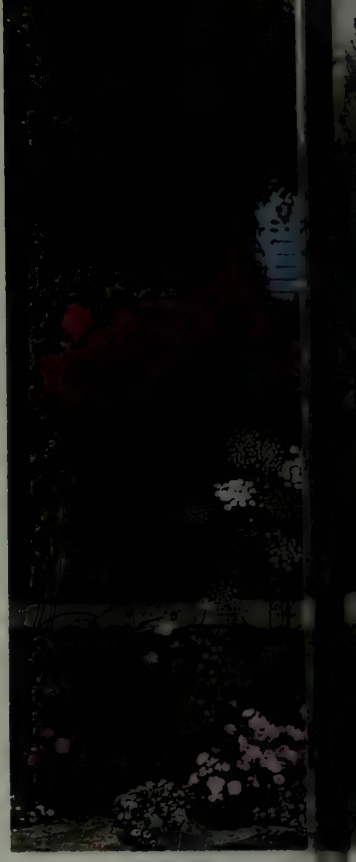
How can you rid your gardening tools of a whole day's worth of sticky stuff? By soaking the grime or sap with WD-40® and rubbing it off.

WD-40 is also a great lubricant and cleaner for power tools, lawn mowers, pop-up sprinkler heads, patio umbrellas, spigots and any other part that moves.

And it protects tools from rust and corrosion.

WD-40. There's always another use.





FENCE-LINE FLOWERS

Release your flowers from the confines of secluded borders and plant them out front where you can most enjoy their color and fragrance. Here, a traffic-stopping display of red climbing roses blooms above a curbside border packed with sweet alyssum, tricolor sage, pinks, shasta daisy, dahlia, portulaca, petunia, Queen Anne's lace, hardy lily, and yellow honeysuckle vine.

GARDENER'S ALMANAC

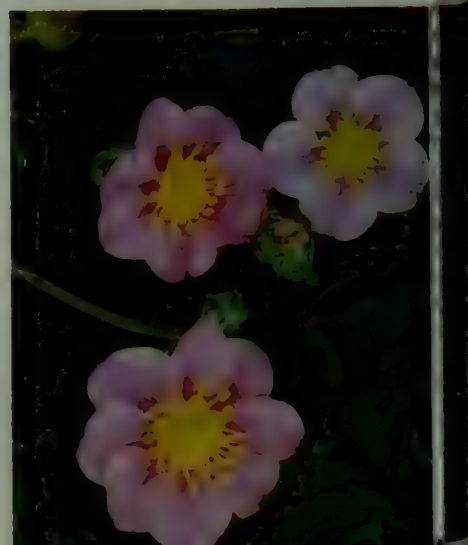
APRIL



PINK PANDA STRAWBERRY

As good-looking as it is delicious, Pink Panda strawberry is an excellent choice for your garden. These vigorous plants produce bright pink flowers and small, tasty berries all summer long. Use Pink Panda along a path or in a hanging basket. Write: Wayside Gardens, 1 Garden Lane, Hodges, SC 29695-0001.

Peter Krumhardt





PHOTOGRAPH: ERIC ROTH. REGIONAL EDITOR: ESTELLE BOND GURALNICK



GETTING THE BUGS OUT

Cabbage maggots, aphids, whiteflies, and leafhoppers are no match for Peter Chan, our Oregon Test Gardener. To eliminate these pesky marauders without resorting to deadly poisons, Peter hangs yellow cards with a glue-like coating throughout his garden. "The insect pests are attracted by the bright yellow color, and when they land, their feet get stuck permanently on the card," says Peter. Yellow sticky traps are available from Gardens Alive!, 5100 Schenley Place, Lawrenceburg, IN 47025; 812/537-8650.

Photograph: Karlis Grants
Regional editor: Cathy Howard

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HELPING HOMELESS FAMILIES

BY MARGARET DALY

GREAT GIFT IDEAS FOR MOTHER'S DAY



These two Mother's Day gift offers were created just for *Better Homes and Gardens®* readers. Order now to mark that special day for your mother and other loved ones and to help us help homeless families through The Better Homes™ Foundation.

The pictures and article on this page and the next will tell you more about the foundation's work. You'll also find a toll-free number and coupon to help you order your gifts.

"Michelle and Child," by artist Edna Hibel, graces a beautiful onyx box for jewelry or special keepsakes. The box measures 4×3×2 inches. $36, which includes shipping and handling; order OXAP3.

Better Homes Pins, in sterling silver, shown life size here, were created by New Pro Design at the direction of leading off-price retailer Marshalls. In-store sales raised more than $100,000 during the holidays for our foundation. Now the pins are available only through the magazine. $15 each, which includes shipping and handling; order SPAP93.

To order, see toll-free telephone number and coupon, page 36.



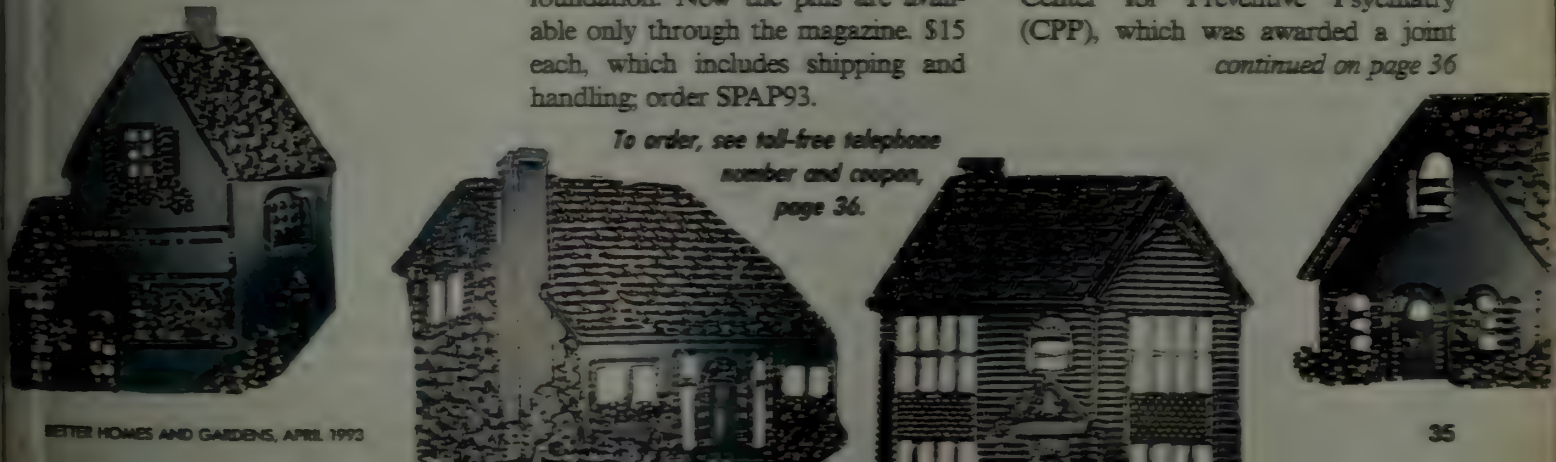
Jonathan (*above, left*) and his family were living in a shelter for homeless families in New York's Westchester County. His mother, Jackie, had a difficult time dealing with his behavior. "He cursed a lot, like the other kids in the shelter," says Jackie, "and he would hit me when he was mad. I didn't know what to do."

Then she heard about St. Bernard's Center for Learning, a Head Start program in White Plains for preschoolers whose families live in shelters or transitional housing facilities for the homeless.

"Jonathan started last September," Jackie says, "and I noticed a difference right away. He was happy. He listened to me. Little by little, he started talking to other people."

"Most of the kids here have been traumatized," says Dr. Paul Donahue, program coordinator for The Center for Preventive Psychiatry (CPP), which was awarded a joint

continued on page 36



HOMELESS FAMILIES

continued from page 35

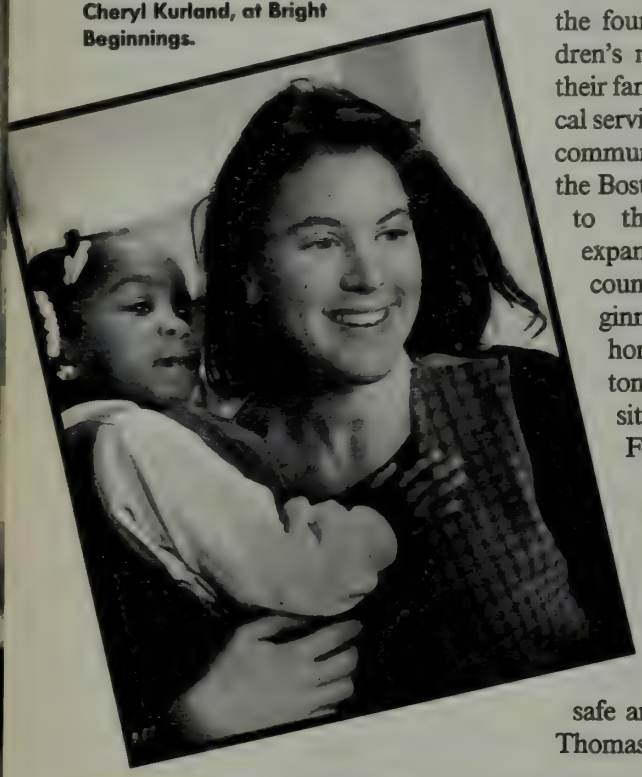
grant with St. Bernard's from The Better Homes™ Foundation. "Many have been around violence in the shelters and on the streets. They just shut down, so they are not going to learn."

"We provide kids with stability, structure, and a warm, loving environment," says Kathleen Halas, director of St. Bernard's. "Many of their problems are really just developmental delays. In a nurturing atmosphere such as ours, most of them can get over it." The staff works hard with the families too. There are special parents' meetings, plus efforts to get parents involved with resources such as counseling and job training.

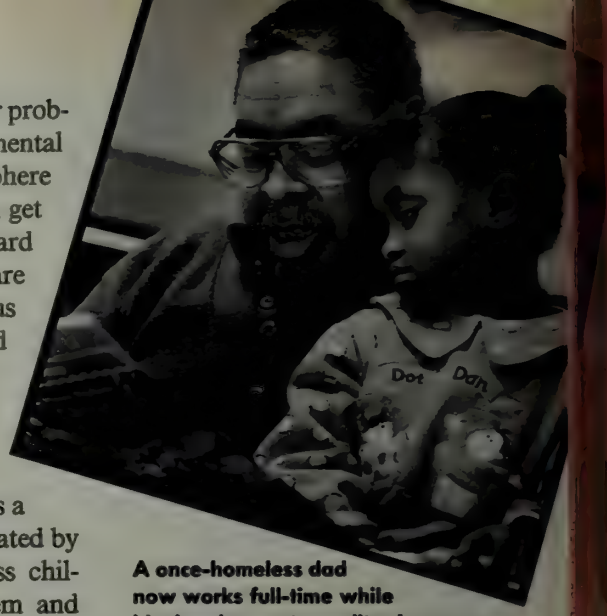
Kidstart. The Better Homes™ Foundation grant to St. Bernard's and CPP funds a Kidstart program, a model created by the foundation to better assess children's needs and connect them and their families with local schools, medical services, and other resources in the community. Developed originally in the Boston area by a grant from IBM to the foundation, Kidstart is expanding to other parts of the country. For example, Bright Beginnings, a day care center for homeless children in Washington, D.C., is one of three Kidstart sites funded by the Fannie Mae Foundation.

"We became homeless when they cut way back on my job hours," says Thomas, whose daughter, Alyce (4) entered Bright Beginnings after the family had to move into a shelter. "I knew she was safe and really learning here," says Thomas. "That made it easier for me when I got working full-time again." The family has recently moved into rental housing. "I love seeing this program work," says acting director Cheryl Kurland. "A two-year-old would cry all day but now is saying 'thank you' and 'please.' "

Kidstart will help Bright Beginnings expand its services. "The appeal of Kidstart is that it follows through with the children and helps on all fronts," says Janice Daue, manager of public relations for the Fannie Mae Foundation. Consultant Virginia Williams, of the Georgetown University Child Development Center, agrees. "These children must be allowed to go through all the stages that kids normally go through," she says.



"I love seeing this program work," says Cheryl Kurland, at Bright Beginnings.



A once-homeless dad now works full-time while his daughter gets quality day care.

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(for details, see page 35)

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NIGHT TERRORS
How to help your kids cope with these mega-nightmares

All children endure an occasional nightmare. Yet many kids suffer from something stranger: night terrors—frightening episodes of hysteria that may include screaming, sweating, heavy breathing, and more. Unnerving to parents and children, night terrors sometimes happen on and off for years. Here's how to know the difference between nightmares and night terrors, and how you can help comfort your children.



SCREAMS IN THE DARK

One night, shortly after his fourth birthday, Richie's parents woke up to the sound of strange noises coming from the den. They found Richie on the sofa, disoriented and talking to himself. As they entered the room, Richie became agitated and started to scream. His father picked him up and tried to comfort him, but this only made matters worse. Instead of relaxing, Richie began hitting his father and screaming hysterically. Chaos reigned for 15 minutes. Finally, Richie was able to lie down and fall asleep. In the morning, he remembered nothing of the incident.

Four more episodes occurred during the next few weeks. On one occasion, his parents found Richie thrashing about in his bed, breathing rapidly. When they tried to calm him down, he jumped out of bed screaming and ran into a wall. Richie's mother called me for an appointment. She and her husband thought his "nightmares" signaled a major psychological disturbance, but had no idea what might have caused it. A few questions confirmed my suspicions: Richie wasn't having nightmares; he was having night terrors.

NIGHTMARES VS. NIGHT TERRORS

During a nightmare, your child awakens feeling afraid, achieves consciousness quickly, and remembers the content of the bad dream. An occasional nightmare is normal, but frequent or recurring ones are sometimes stress related.

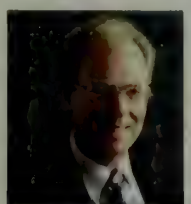
Night terrors are to nightmares what a hurricane is to a thunderstorm. A night terror usually begins suddenly, with your child sitting up and screaming in terror. Your child is confused, incoherent, disoriented, and possibly hallucinating. Signs of intense physical stress are present, including a rapid heartbeat, sweating, and dilated pupils. During the terror, which lasts 10 to 30 minutes, attempts to console your youngster may cause more agitation. When calm is restored, your child quickly falls asleep. In the morning, he or she probably won't remember anything.

Most psychologists agree that night terrors are unrelated to stress or trauma in the child's waking life. They occur most often between ages 3 and 8. A cause is unknown, although they may be related to an immature nervous system.

My daughter, Amy, had her first night terror at age 3 and her last at age 11. An episode usually began with Amy sleepwalking into the upstairs bathroom. As soon as we found her, the "freak-out," as we called it, would begin. Like Richie's parents, my wife and I thought the worst.

Amy's pediatrician told us that her night disturbances were not the result of bad parenting, but that they would probably continue for several years. He was right. At first, Amy endured an episode every few weeks as well as each time she ran a fever. As time wore on, they occurred less often.

Richie's night terrors proved almost as frightening to his parents as they were to him. I reassured them that the problem wasn't psychological and emphasized the need to remain calm and in control. From that point on, every time Richie suffered a night terror, his father held him close and talked softly, repeating that everything was all right. Both parents stayed with him until he fell asleep. Their calm, consistent handling of each episode paid off. At age 7, his episodes disappeared altogether, much to everyone's relief.



—Family psychologist John Rosemond's most recent book, Parent Power! *(Andrews/McMeel), can be found in bookstores throughout the country.*



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BY MICHAEL WALKER

GENDER BIAS
Is your daughter's school prepping her for failure?



Most girls who enter grade school possess healthy self-esteem, relish their math and science lessons, and take pride in their academic achievements. Yet recent reports show that by the time they enter high school, many girls feel unworthy and insecure, and they have abandoned their dreams of working in a scientific field.

Some education experts attribute these negative feelings to bias by teachers, parents, and classmates, which often steers girls away from many traditional male roles and professions. Here's how sexual discrimination may affect your daughter at school, and what you can do to help change things.

INSIDE OUR CLASSROOMS

The American Association of University Women's landmark report, "How Schools Shortchange Girls," synthesizes hundreds of research studies and articles on gender equity in education. The 1992 report finds that:

- Girls receive less attention from teachers than boys.
- Girls who do well in math and science are much less likely than boys to pursue scientific or technological careers.
- Boys often blame their academic failing to lack of trying; girls tend to trace their failure to lack of ability.
- Equal proportions of boys and girls have learning disabilities, yet boys are twice as likely to be identified as needing special help.
- Books and curricula continue to offer stereotypical images of women and ignore female role models.

Sharon Schuster, president of the American Association of University Women, and other experts on gender equity say that such observations show how schools perpetuate a subtle form of discrimination against girls.

"Teachers get an awfully hard rap on this, but it's the whole school system, the whole mind-set," says Susan M. Bailey, director of the Wellesley College Center for Research of Women and an expert on gender equity. "We have certain assumptions about what girls should be and what boys should be that place unreasonable constraints on children of both sexes."

The stereotype of girls as studious, well-behaved pupils can work against them in the classroom, where teachers may unwittingly give more attention to the most aggressive students, usually the boys.

According to research by gender-equity authorities

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PUT A STOP TO GENDER BIAS

To help stop gender bias in your child's school, follow these tips:

- **Review your child's books. Students whose books portray males and females in nonstereotypical sex roles are less inclined to learn sex-role stereotypes themselves.**
- **Visit your child's classroom. Look for signs of sex segregation. Observe student-teacher interaction. Research shows teachers favor boys, who assert themselves more than girls. Lack of attention—even if disciplinary—makes girls think they don't matter.**
- **Find out what steps your school takes to comply with the Education Amendments of 1972, which prohibit discrimination on the basis of sex. Schools that receive federal funding must abide by Title IX of the amendment. The AAUW says compliance is often lax.**
- **Get involved in your school. If you suspect gender bias, set up a meeting with teachers, principals, and PTA members to discuss the problem.**
- **Be persistent about your concerns. The AAUW says that gender equity issues are still not well understood by many educators.**
- **Point out to your daughter that math and science aren't "just for boys," and coach her in strategies to assert herself in class.**
- **Show your daughter that she can manage on her own. Myra Sadker, author of *Sexism in School and Society*, says teachers often prompt boys to find their own answers to problems, yet take over for girls.**

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GENDER BIAS

continued from page 40

David and Myra Sadker, elementary and middle school boys "call out" answers eight times more often than girls. What's more, when boys call out, teachers allow them to continue; girls who call out are often rebuffed and told to raise their hands. Teachers are also more apt to call on boys even when they don't volunteer. Other reports show that boys, more than girls, argue with their teachers when they believe that they're right.

"Boys have a more assertive style," says Myra Sadker, professor at American University's school of education and author of *Sexism in School and Society,* the first major book on gender equity. "They grab the teacher's attention. Many girls feel uncomfortable and threatened by that style."

"LEARNED HELPLESSNESS"

Researchers speculate that such inconsistent and discouraging feedback from teachers fosters "learned helplessness," a lack of academic perseverance that causes girls to feel powerless, hesitant to volunteer answers, and more reliant on teachers for guidance.

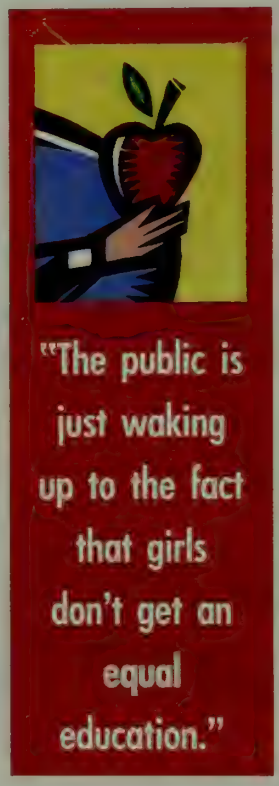
Boys, encouraged to solve problems on their own, often develop a greater sense of autonomy and personal accomplishment about their schoolwork. Girls, on the other hand, tend to credit their academic successes to luck rather than ability.

Girls do get better grades than boys throughout their school careers, but girls don't score as well on some standardized tests. And that puts them at a distinct disadvantage. Test scores are often used to determine scholarships and college admissions. In fact, boys are more likely to receive scholarships based on SAT scores even when girls receive equal or better high school grades.

Sex biases have been corrected on some tests, yet the AAUW report found biases still present. One study of test questions showed twice as many references to men as women. A test's format also affects performance: girls tend to do better on essay tests, boys on multiple choice.

Girls are reaching parity with boys in math scores, but they lag behind in science where the gap may be increasing, the AAUW report says. Without a counterbalance to stereotypes that science and math are "boys' " subjects, studies have shown that by high school, many girls give up. Even girls who do well in math and science are less likely than boys to pursue the subjects in college or as a career. Those who do, credit encouragement from teachers as a major factor in their decision.

"There's a loss of potential here," says Schuster. "We need every good mind in this country if we're going be competitive in world markets."



IN SEARCH OF ROLE MODELS

Women constitute more than 70 percent of elementary and secondary school teachers, yet few females reach top-level positions within schools. In fact, a recent survey shows that 72 percent of school principals and 95 percent of superintendents are male.

Overall, women make up 45 percent of the work force, yet 60 percent of women in professional positions have jobs in traditionally female occupations such as nursing and education. And women's pay is still 70 percent of what men earn.

"The glass ceiling is still there," says Schuster. "Girls look at their mothers and see that mom's employed but she's unable to move up. They hear that message and begin to limit their aspirations."

Females get short shrift at schools in other ways. For example, a 1989 study of books used in high school English classes found that of the 10 books most frequently assigned, only one was written by a woman.

What's more, a 1990 study of school textbooks specifically written to conform with California's gender-equity guidelines showed bias in language and left out women from discussions of major historical and technological developments, according to the National Council for Social Studies. That's surprising considering that textbook publishers follow guidelines to prevent such sexism.

"There is still evidence of an awful lot of traditional sex-stereotype representation of men and women," says Bailey.

Even so, it's encouraging that parents and teachers are becoming aware of the situation, says Schuster. "The public is just waking up to the fact that girls don't get an equal education," she says. "We can have schools where both boys and girls learn, learn well, and learn to live up to their potential. It's an attainable goal."

—Michael Walker is a free-lance writer in Los Angeles.

SINGLE-SEX SCHOOLS

Some experts say girls benefit by attending single-sex schools. "A growing body of research says single-sex classes are good for girls," says Myra Sadker. That means private schools because public schools are prohibited by law against segregating classes by gender.

Despite the apparent advantages, says the AAUW's Sharon Schuster, "It's not realistic to expect girls to attend single-sex schools. The bulk of children attend co-ed schools. The point is that boys and girls get an equal situation, and that we don't have to sex-segregate them to do that."

To reap the benefits of a single-sex school within your public school, encourage your daughter to join those after-school groups and activities that clearly appeal to girls, says Sadker. In most instances, boys won't attend, giving girls the chance to interact at their own pace and style.

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HEALTH UPDATE

MEDICAL NEWS YOU CAN USE



ROCKIN' 'N' ROLLIN' YOUR PAIN AWAY

Music soothes the aches

Your kids' music may give you a headache, but it might also cure it. A new study from Rutgers University credits music for its ability to quell pain. And we're not talking about Mantovani—maybe more like Bon Jovi.

Beverly Whipple, Ph.D., R.N., associate professor at the school's College of Nursing in Newark, New Jersey, reports that stimulating and pulsing rhythms had a more broad-based effect on pain than did calm, soothing music. Dr. Whipple and her co-researcher, Nahama J. Glynn, E.D.D., of Georgia State University, studied a group of volunteers.

The researchers looked at two factors that influence how bad a pain feels. Sensitivity (to pain and heat) was measured by applying pressure and warmth to volunteer's fingers, and recording how much stimulus was needed to cause discomfort. The second factor, tactile threshold, measured the volunteer's sensitivity of touch in their fingers.

Both soothing and stimulating types of music increased the pain threshold. But stimulating music also increased the tactile threshold. The upshot: tempering pain two ways beats a single approach.

So, the next time you're nursing a headache or post-workout soreness, try turning on and tuning in to the rock 'n' roll doctor.

SCRATCH-PAD MEMORY

The best way to boost short-term recall

After you've hung up from directory assistance, do you have trouble remembering the number you've just been given? If so, you may not be making the most of your scratch-pad memory. That's the type of memory used to store information for brief periods of time. A recent experiment sheds light on the subject.

Most people, if they can't write down information, use one of two strategies to boost short-term recall. Either they see a picture of the words or information in their mind's eye, or they silently repeat the information. Steven E. Petersen, Ph.D., of Washington University School of Medicine in St. Louis, and his coworkers monitored brain activity in folks trying to remember five words.



Dr. Petersen found that people who used the so-called motor areas, believed to be active when people silently recite, performed better. So for new information, try repeating it to yourself silently. You may find that your scratch-pad memory gets better.

HOW WIDESPREAD ARE FOOD ALLERGIES?

The answer may surprise you

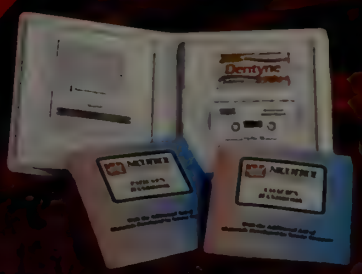
Ask the average adult how common food allergies are, and you'll likely hear that one in four individuals has the problem. That's what a group of adults told researchers. In truth, only 1–2 percent of the population is truly sensitive to food or food additives, says Hugh Sampson, M.D., at Johns Hopkins School of Medicine (in Baltimore).

Researchers also asked parents how common they thought food allergies were among children. Again, one in four reported that their children had experienced a reaction to food. Clinical studies paint a different pic-

continued on page 50

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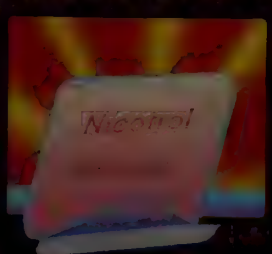
A Patient Starter Kit is available free with every new NICOTROL prescription. Ask your doctor if NICOTROL is right for you.

NICOTROL is used as part of a comprehensive behavioral smoking cessation program

* NICOTROL is the only nicotine patch specifically developed to be worn only during waking hours and then removed at bedtime

- Available by prescription only, NICOTROL is indicated as an aid to smoking cessation for the relief of nicotine withdrawal symptoms
- Only NICOTROL offers a Patient Starter Kit with the additional aid of materials developed by Smoke Stoppers®

From Parke-Davis



NICOTROL
(NICOTINE TRANSDERMAL SYSTEM)
Systemic delivery of 15mg/day over 16 hours

You should stop smoking completely before using NICOTROL. Do not smoke or use other nicotine-containing products while under treatment with NICOTROL. Because this product, like cigarettes, contains nicotine, you should discuss with your doctor other ways to quit smoking if you are pregnant or nursing (nicotine can harm your baby) or if you have cardiovascular disease. If you are taking any prescription medications or are under a doctor's care for any condition, you should discuss with your doctor the potential risks of using this product. There may be other risks associated with the use of this product. Do not use this product for more than 5 continuous months.

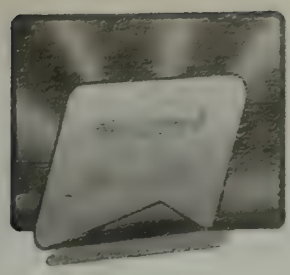
INFORMATION HOTLINE: 1-800-284-8118

Please see adjacent page for additional important information.

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PD-113-JA-8409-AI (013)

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From Parke-Davis as part of a comprehensive behavioral smoking cessation program

NICOTROL
(NICOTINE TRANSDERMAL SYSTEM)

Systemic delivery of 15mg/day over 16 hours

Dosing and administration

Apply one NICOTROL patch upon awakening and remove at bedtime

Dose*	Duration
Start: NICOTROL™ 15 mg/day	4-12 weeks
Step-down: 10 mg/day	2-4 weeks
Step-down: 5 mg/day	2-4 weeks

***The recommended dosage is 12 weeks (8-2-2).**

For more information, call 1-800-284-8118

Nicotrol™ (nicotine transdermal system)

Systemic delivery of 15, 10, or 5 mg/day over 16 hours. Before prescribing, please see full prescribing information.
A Brief Summary follows. INDICATIONS AND USAGE Nicotrol systems, applied while patients are awake, are indicated as an aid to smoking cessation for the relief of nicotine withdrawal symptoms. Nicotrol therapy is recommended for use as part of a comprehensive behavioral smoking cessation program. The use of Nicotrol systems beyond 5 months has not been studied. **CONTRAINDICATIONS** Use of Nicotrol systems is contraindicated in patients with known hypersensitivity or allergy to nicotine or to any component of Nicotrol transdermal systems. **WARNINGS** Nicotine from any source can be toxic and addictive. Smoking causes lung cancer, heart disease, emphysema, and may adversely affect the fetus and the pregnant woman. For any smoker, with or without concomitant disease or pregnancy, the risk of nicotine replacement in a smoking cessation program should be weighed against the hazard of continued smoking while using Nicotrol systems and the likelihood of achieving cessation of smoking without nicotine replacement. **Pregnancy, Warning**—Tobacco smoke, which has been shown to be harmful to the fetus, contains nicotine, hydrogen cyanide, and carbon monoxide. Nicotine has been shown in animal studies to cause fetal harm. It is therefore presumed that Nicotrol systems can cause fetal harm when administered to a pregnant woman. The effect of nicotine delivery by Nicotrol systems has not been examined in pregnancy (see PRECAUTIONS). Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches. If Nicotrol therapy is used during pregnancy, or if the patient becomes pregnant while using Nicotrol systems, the patient should be apprised of the potential hazard to the fetus. **Safety Note Concerning Children**—The amounts of nicotine that are tolerated by adult smokers can produce symptoms of poisoning and could prove fatal if a Nicotrol system is applied or ingested by children or pets. Used 15 mg/day systems contain about 40% (10 mg) of its initial drug content. Therefore, patients should be cautioned to keep both the used and unused Nicotrol systems out of the reach of children and pets. **PRECAUTIONS** The patient should be urged to stop smoking completely when initiating Nicotrol therapy (see DOSAGE AND ADMINISTRATION). Patients should be informed that if they continue to smoke while using Nicotrol systems, they may experience adverse effects due to peak nicotine levels higher than those experienced from smoking alone. If there is a clinically significant increase in cardiovascular or other effects attributable to nicotine, the treatment should be discontinued (see WARNINGS). Physicians should anticipate that concomitant medications may need dosage adjustment (see Drug Interactions). Use of Nicotrol systems beyond 5 months by patients who stop smoking should be discouraged because the chronic consumption of nicotine by any route can be harmful and addicting. **Allergic Reactions**—In a 3-week open-label dermal irritation and sensitization study of Nicotrol systems applied 23 hours per day, 3 of 215 patients (1.4%) exhibited definite erythema at 24 hours after application. Upon rechallenge, none of the subjects exhibited any contact allergy. In the efficacy trials erythema following system removal was typically seen in 7% of patients, edema was seen in 3%, and dropouts due to skin reactions were reported in 1% of patients. Severe skin reactions were not observed in either of the trials. Patients who exhibit contact sensitization should be cautioned that a serious reaction could occur from exposure to other nicotine-containing products or smoking. Patients should be instructed to discontinue promptly the use of Nicotrol systems and contact their physicians in the case of severe or persistent local skin reactions at the site of application (eg., severe erythema, pruritus, or edema) or a generalized skin reaction (eg., urticaria, hives, or generalized rashes). **Skin Disease**—The Nicotrol system is usually well tolerated by patients with normal skin, but may be irritating for patients with some skin disorders (psoriasis, atopic or eczematous dermatitis). **Cardiovascular or Peripheral Vascular Diseases**—The risks of nicotine replacement in patients with certain cardiovascular and peripheral vascular diseases should be weighed against the benefits of including nicotine replacement in a smoking cessation program for them. Specifically, patients with coronary heart disease (history of myocardial infarction and/or angina pectoris), serious cardiac arrhythmias, or vasospastic diseases (Buerger's disease, Prinzmetal's variant angina) should be carefully screened and evaluated before nicotine replacement is prescribed. Tachycardia occurring in association with the use of Nicotrol therapy was reported occasionally. If serious cardiovascular symptoms occur with the use of Nicotrol systems, the therapy should be discontinued. Nicotrol therapy should generally not be used in patients during the immediate post-myocardial infarction period or in patients with serious arrhythmias or with severe or worsening angina pectoris. **Renal or Hepatic Insufficiency**—The pharmacokinetics of nicotine have not been studied in the elderly or in patients with renal or hepatic impairment. However, given that nicotine is extensively metabolized and that its total system clearance is dependent on liver blood flow, some influence of hepatic impairment on drug kinetics (reduced clearance) should be anticipated. Only severe renal impairment would be expected to affect the clearance of nicotine or its metabolites from the circulation (see Pharmacokinetics in full prescribing information). **Endocrine Diseases**—Nicotrol therapy should be used with caution in patients with hyperthyroidism, pheochromocytoma, or insulin-dependent diabetes, since nicotine causes the release of catecholamines by the adrenal medulla. **Peptic Ulcer Disease**—Nicotine delays healing in peptic ulcer disease; therefore, Nicotrol therapy should be used with caution in patients with active peptic ulcers and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks. **Accelerated Hypertension**—Nicotine therapy constitutes a risk factor for development of malignant hypertension in patients with accelerated hypertension; therefore, Nicotrol therapy should be used with caution in these patients and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks. **Information for Patient**—A patient instruction sheet is included in the package of Nicotrol systems dispensed to the patient. It contains important information and instructions on how to use and dispose of Nicotrol systems properly. Patients should be encouraged to ask questions of the physician and pharmacist. Patients must be advised to keep both used and unused systems out of the reach of children and pets. **Drug Interactions**—Smoking cessation, with or without nicotine replacement, may alter the pharmacokinetics of certain concomitant medications.

May Require a Decrease in Dose at Cessation of Smoking	Possible Mechanism
Acetaminophen, caffeine, imipramine, oxazepam, pentazocine, propranolol, theophylline	Deinduction of hepatic enzymes on smoking cessation
Insulin	Increase of subcutaneous insulin absorption with smoking cessation.
Adrenergic antagonists (eg., prazosin, labetalol)	Decrease in circulating catecholamines with smoking cessation

May Require an Increase in Dose at Cessation of Smoking	Possible Mechanism
Adrenergic agonists (eg., isoproterenol, phenylephrine)	Increase in circulating catecholamines with smoking cessation

Carcinogenesis, Mutagenesis, Impairment of Fertility [illegible] appear to be a carcinogen in laboratory animals. However, nicotine and its metabolites increased [illegible] of hamsters and forestomach of F344 rats, respectively, when given in combination w[illegible] treated suggested that cotinine, the primary metabolite of nicotine, may cause h[illegible] Neither nicotine nor cotinine were mutagenic in the Ames *Salmonella* test. Nicotine was shown to be genotoxic in a test system using Chinese h[illegible] inhibited by a reduction in DNA synthesis that appears to be caus[illegible] treated with nicotine during gestation. **PREGNANCY**—Pregnancy [illegible] cigarette smoking on maternal and fetal health are clearly established. These [illegible] abortion, and increased perinatal mortality. The specific effects of Nicotrol therapy [illegible]

Nicotrol™ (nicotine transdermal system)

smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches. Spontaneous abortion during nicotine replacement therapy has been reported; as with smoking, nicotine as a contributing factor cannot be excluded. Nicotrol systems should be used during pregnancy only if the likelihood of smoking cessation justifies the potential risk of using Nicotrol systems by the pregnant patient, who might continue to smoke. **Teratogenicity**—*Animal Studies:* Nicotine was shown to produce skeletal abnormalities in the offspring of mice when given doses toxic to the dams (25 mg/kg IP or SC). *Human Studies:* Nicotine teratogenicity has not been studied in humans except as a component of cigarette smoke (each cigarette-smoked delivers about 1 mg of nicotine). It has not been possible to conclude whether cigarette smoking is teratogenic to humans. **Other Effects**—*Animal Studies:* A nicotine bolus (up to 2 mg/kg) to pregnant rhesus monkeys caused acidosis, hypercarbia, and hypotension (fetal and maternal concentrations were about 20 times those achieved after smoking one cigarette in 5 minutes). Fetal breathing movements were reduced in the fetal lamb after intravenous injection of 0.25 mg/kg nicotine to the ewe (equivalent to smoking 1 cigarette every 20 seconds for 5 minutes). Uterine blood flow was reduced about 30% after infusion of 0.1 µg/kg/min nicotine to pregnant rhesus monkeys (equivalent to smoking about six cigarettes every minute for 20 minutes). *Human Experience:* Cigarette smoking during pregnancy is associated with an increased risk of spontaneous abortion, low birth weight infants, and perinatal mortality. Nicotine and carbon monoxide are considered the most likely mediators of these outcomes. The effects of cigarette smoking on fetal cardiovascular parameters have been studied near term. Cigarettes increased fetal aortic blood flow and heart rate and decreased uterine blood flow and fetal breathing movements. Nicotrol systems have not been tested in pregnant women. **Labor and Delivery**—Nicotrol systems are not recommended for use during labor and delivery. The effects of nicotine on a mother or the fetus during labor is unknown. **Use in Nursing Mothers**—Caution should be exercised when Nicotrol systems are administered to nursing women. The safety of Nicotrol therapy in nursing infants has not been examined. Nicotine passes freely into breast milk; the milk to plasma ratio averages 2.9. Nicotine is absorbed orally. An infant has the ability to clear nicotine by hepatic first pass clearance; however the efficiency of removal is probably lowest at birth. Nicotine concentrations in milk can be expected to be lower with Nicotrol systems when used while awake than with cigarette smoking, as maternal plasma nicotine concentrations are generally reduced with nicotine replacement. The risk of exposure of the infant to nicotine from Nicotrol therapy should be weighed against the risks associated with the infant's exposure to nicotine from continued smoking by the mother (passive smoke exposure and contamination of breast milk with other components of tobacco smoke) and from Nicotrol therapy alone or in combination with continued smoking. **Pediatric Use**—Nicotrol therapy is not recommended for use in children because the safety and effectiveness of Nicotrol therapy in children and adolescents who smoke have not been evaluated. **Geriatric Use**—Seventy-nine patients over the age of 60 participated in clinical trials of Nicotrol therapy. Nicotrol therapy appeared to be as effective in this age group as in younger smokers. **ADVERSE REACTIONS**
Assessment of adverse events in the 509 subjects who participated in controlled clinical trials is complicated by the occurrence of GI and CNS effects of nicotine withdrawal as well as nicotine excess. The actual incidences of both are confounded by the smoking of many patients. When reporting adverse events in the trials the investigators did not attempt to identify the cause of the symptom. No serious adverse events were reported during the trials. **Topical Adverse Events**—The most common adverse event associated with topical nicotine is a mild and short-lived erythema, pruritus, or burning at the application site, which was seen at least once in 47% of patients on Nicotrol systems in the efficacy trials. Local erythema after system removal was noted at least once in 7% of patients and local edema in 3%. Erythema generally resolved within 24 hours. About 1% of patients dropped out of clinical trials due to skin reactions; none had classical contact sensitization (see PRECAUTIONS, Allergic Reactions). In the clinical trials performed (one Danish and one U.S. clinic), fewer total patients were used than in trials of other nicotine transdermal systems, and fewer adverse reactions were reported than in U.S. trials with other systems achieving comparable blood levels. Therefore, the systemic adverse event rates in the two sections below are based in part on 1200 patients treated with systems delivering comparable rates of nicotine per hour.
Probably Causally Related—The following adverse events are believed related to Nicotrol treatment based on experience in clinical trials. *Nervous system:* Dizziness* *Musculoskeletal system:* Arthralgia† *Skin and appendages:* Rash,† sweating† *reported in 3% to 9% of patients. †reported in 1% to 3% of patients. Complaints occurring in fewer than 1% are not listed. **Causal Relationship UNKNOWN**—Adverse events reported in active- and placebo-treated patients at about the same frequency in clinical trials are listed below. The clinical significance of the association between Nicotrol treatment and the following events is unknown, but they are reported as alerting information for the clinician. *Body as a whole:* Back pain,† pain† *Digestive system:* Abdominal pain,* constipation,* diarrhea, dyspepsia,† flatulence,† nausea,* vomiting† *Musculoskeletal system:* Myalgia† *Nervous system:* Concentration impairment,† depression, headache,* insomnia,† nervousness† *Respiratory system:* Cough increased,† sinusitis† *Special senses:* Taste perversion† *Urogenital system:* Dysmenorrhea† *reported in 3% to 9% of patients. †reported in 1% to 3% of patients. Complaints occurring in fewer than 1% are not listed. **DRUG ABUSE AND DEPENDENCE/OVERDOSAGE** For further information, please see full prescribing information. **DOSAGE AND ADMINISTRATION** Patients must desire to stop smoking and should be instructed to *stop smoking immediately* as they begin using Nicotrol therapy during waking hours. The patient should read the patient instruction sheet on Nicotrol therapy and be encouraged to ask any questions. Treatment should be initiated with the Nicotrol 15 mg/day system. The patients should continue the treatment (one system each day) for 4-12 weeks of therapy. The patient should stop smoking cigarettes completely during this period. If the patient is unable to stop cigarette smoking within 4 weeks, Nicotrol therapy should be stopped, since few additional patients in clinical trials were able to abstain after this time.

Recommended Dosing Schedule

Dose	Duration
Nicotrol 15 mg/day	First 12 weeks
Nicotrol 10 mg/day	Next 2 weeks[a]
Nicotrol 5 mg/day	Last 2 weeks[b]

[a] Patients who have successfully abstained from smoking should have their dose of nicotine reduced after each 2-4 weeks of treatment until the Nicotrol 5 mg/day dose has been used for 2-4 weeks.
[b] The entire course of nicotine substitution and gradual withdrawal should take 14-20 weeks. The use of Nicotrol therapy beyond 5 months has not been studied.

The Nicotrol system should be applied promptly upon its removal from the protective pouch to prevent loss of nicotine from the system. The Nicotrol system should be used only when the pouch is intact to assure the product has not been tampered with. A Nicotrol system should be applied only once a day to a non-hairy, clean, and dry skin site on the upper arm or the hip. Each day a Nicotrol system should be applied upon waking and removed at bedtime. **Caution**—Federal law prohibits dispensing without prescription.
Product information as of March 5, 1992 9854G01

Manufactured by Cygnus Therapeutic Systems for Kabi Pharmacia, Sweden. Distributed by

PARKE-DAVIS
Division of Warner-Lambert Company
Morris Plains, NJ 07950 USA

Welcome the beloved "Little House" heroine home from school...and into your heart.

"Laura"

CERTIFIED PREMIERE GRADE THE ASHTON-DRAKE GALLERIES

School is over and "Laura" is anxious to be on her way, for she eagerly anticipates one of Ma's homecooked meals. After dinner, Pa will fiddle a few merry tunes before bedtime. It looks like another happy night for the family that lives in the little house on the prairie!

"Laura" by artist Joan Ibarolle is the first issue in *Little House on the Prairie*™—a doll collection inspired by Laura Ingalls Wilder's famous books about her pioneer family life.

This high-spirited youngster is handcrafted with poseable porcelain head, arms, and legs, and sparkling hand-set eyes. Her sweet face is expertly hand-painted to capture her sun-kissed look. "Laura" is dressed just as we remember her in a hand-tailored calico dress and apron, leatherlike button shoes, and a pinstriped prairie bonnet. She carries her "book and slate" by an old-fashioned suede strap.

Recommended by Ashton-Drake, "Laura" is certified *Premiere Grade* — your assurance of superior artistry and craftsmanship. As an heirloom-quality doll with exceptional credentials, she may be a wise investment as well.

This delightful prairie girl can be yours to enjoy for only $79.95. Hurry ... "Laura" is issued in an edition ending forever in 1993, after which molds for this doll will be broken and no more porcelain will ever be cast. Order today.

*Authentic artistry, just 4 payments of $19.99**



Watch for "Mary," coming soon to be with her little sister "Laura."

Actual size of doll is 15½ inches tall. Complete with book-and-slate accessory and doll stand.

© 1993 The Ashton-Drake Galleries
9200 North Maryland Avenue, Niles, Illinois 60714-1397

A6311-GC2XR2

THE ASHTON-DRAKE GALLERIES
9200 North Maryland Avenue
Niles, Illinois 60714-1397

THE ASHTON-DRAKE GALLERIES®
Bringing You Dolls of Irresistible Value

PLEASE RESPOND BY:
May 15, 1993

YES, please enter my reservation for "Laura," first issue in the *Little House on the Prairie*™ collection. Limit one. I understand that I need SEND NO MONEY NOW. I will pay for "Laura" in four convenient monthly installments of $19.99* each, the first being billed before shipment of the doll.

My satisfaction is unconditionally guaranteed. I understand that I may, for any reason, return "Laura" to the Ashton-Drake Galleries at any time within *one full year* after I receive her for a refund or credit of the full purchase price, including postage.

X _____
Signature

_____ ( )
Name (please print clearly) Telephone

_____
Address Apt. No.

_____
City State Zip

*Plus $4.94 home delivery fee and any applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: $125.00 plus postage and handling and any applicable sales tax.

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HEALTH UPDATE

continued from page 44

ture. About 8 percent of kids under age six show some reaction to foods, but only 2 to 4 percent are consistently allergic to a food.

If you or your child had a mild reaction to a food one time, don't cross it off the menu forever. However, any serious allergic reaction—including a skin rash or breathing difficulty—needs to be evaluated by a doctor immediately. True food allergies can be life threatening.

THESE THERAPISTS ACT LIKE ANIMALS

And their patients love it

The newest member of the medical staff at Vanderbilt University Medical Center has four legs and pants. He's one of seven dogs who is helping elderly patients recover faster and get back into normal life.

Pet therapy has shown remarkable results in the past few years. As a general rule, pet owners stay active later in life and live longer than people who live alone. The Vanderbilt program is designed to put those findings to use among the hospital's elderly patients.

According to James S. Powers, M.D., medical director of Acute Senior Care Service, the program is aimed at patients who need help preparing mentally and physically to leave the hospital. The dogs come into the hospital, perform tricks, then meet with the patients. Just watching the dogs or stroking their fur seems to have a beneficial effect.

Dr. Powers reports that the program has boosted the number of patients returning to their own homes instead of to a nursing home and has reduced the overall cost of care.

Many single seniors would benefit from homemade pet therapy, suggests Dr. Powers. "Even birds and goldfish have been found to be very effective in promoting longevity," he says.

BEDTIME PILLS AND NIGHTTIME HEARTBURN

There may be a connection

After you've eliminated other possible causes of nighttime heartburn—pepperoni pizza, alcohol, and smoking, for instance—check your pill bottle. According to an article in *American Journal of Gastroenterology,* many common medications can do the deed.

Heartburn is often its worst at night. That's because the irritants can move more easily from the stomach into the esophagus (food tube) when the body is horizontal. Among the drugs linked to the pain are tetracycline and other antibiotics, slow-release potassium, and aspirin and it's relatives.

If your pain is severe enough to wake you, see your doctor right away. He or she will want to eliminate such causes as ulcers. But bring along all your medications. Relief may be as simple as drinking an extra glass of water with your pill.



ALWAYS TIRED? IT COULD BE ARTHRITIS

Many unaware of the link

Unpredictable debilitating fatigue is being called a "hidden symptom" of arthritis by the Arthritis Foundation. That's because many people don't make the connection between the two conditions.

Extreme fatigue most commonly accompanies forms of arthritis that cause inflammation. These include rheumatoid arthritis, systemic lupus erythematosus (SLE), ankylosing spondylitis, and others.

The exact source of the fatigue may be hard to pinpoint, says Arthur Grayzel, M.D., senior vice president for medical affairs for the foundation. Joint pain, muscle aches, poor sleep, or inactivity may all be related to the problem. To overcome the disabling effects of fatigue, the Arthritis Foundation suggests:

- rationing your energy for the most important activities
- exercising regularly
- taking rests as needed
- using energy-saving aids and tools when possible; check with your local foundation chapter for sources.

The foundation also offers a six-week Arthritis Self-Help Course, and a free brochure, "Coping with Fatigue." For more information, check your telephone business pages for your local Arthritis Foundation chapter. Or, call toll-free 800/283-7800, Monday through Friday, 9 a.m.–7 p.m. Eastern time.

WALKING AWAY FROM BIRTH DEFECTS

Circle April 24–25 on your calendar

You know that walking is good for you. Now, your walking can benefit a whole new generation too. All you have to do is participate in the March of Dimes WalkAmerica event. Proceeds from the event will go to research to prevent birth defects and infant mortality.

Since 1970, WalkAmerica has raised more than $555 million. Walk-

continued on page 52

One taste and you'll never guess what's missing.

½ the fat, ⅓ the calories, all the cholesterol*

Introducing Chicken Tonight™ *Light* from Ragú®

So delicious you won't believe it's light. Try new Italian Primavera, Honey Mustard, and Sweet and Spicy simmer sauces. Just brown, simmer, serve and enjoy.



It's gonna be great tonight.

continued from page 50

ers ask friends and coworkers to make a donation for each mile walked. The length of the route varies, but averages 12 miles. You can walk all or part of the route, and are encouraged to make it a family affair.

The walk is held on the last weekend of April. This year, that means either Saturday, April 24, or Sunday, April 25. For details, contact your local chapter of the March of Dimes.

WRITING EASES THE TRAUMA OF JOB LOSS

And boosts new job prospects

Psychologists have long known that losing a job is among the most traumatic life events you can experience. Now, researchers have found that expressing your feelings in writing can ease the pain and increase your chances of getting back into employment.

A group of psychologists headed up by Stefanie Spera, Ph.D., of the consulting firm of Drake Beam Morin, Inc., in Dallas, reported their findings at a conference in Washington, D.C., last fall. Their study followed 41 unemployed, middle-aged professionals, most of them engineers.

Some of the volunteers were told to write about their job loss for 20 minutes on five consecutive days. Another group was instructed to write on a nontraumatic topic. A nonwriting control group was also tracked by the researchers. Before and after the study, the participants filled out questionnaires designed to assess their mental and physical health, their motivation level, and the amount of job-search activity they were engaged in.

Surprising to the psychologists, the people who wrote about their trauma didn't turn out to be more active at job-search activities than the other study participants. But, eight months later, those who had written about their job loss were twice as likely to have a full-time job as those who had written on another topic. They were four times more likely to be employed than participants in the nonwriting control group.

The difference concluded by the researchers was that the writers who had dealt with their pain generally held a more positive attitude. And that, apparently, translated into a better chance at getting a new job.



TEENAGE FAT MAY SIGNAL TROUBLE (WAY) AHEAD

Problems arise much later

Overweight teens may be at risk for more than trouble finding prom wear. A U.S. Department of Agriculture study found a link between adolescent obesity and health woes in old age. The most surprising finding: obese teens faced higher health risks in old age regardless of their weight during middle age.

Researchers at the USDA Human Nutrition Research Center on Aging at Tufts University in Boston looked at the records of 508 people taken over a 55-year period. Half of the group was in the top quarter of the population for weight relative to height. The people in the other half of the group ranged from lean to average weight.

According to study leader Aviva Must, Ph.D., by the time they reach their early 70s, women who were obese teens faced double the average risk of arthritis; elderly men were six times more likely to experience colon or rectal cancer. Stroke and heart disease risks also rose.

Teen obesity also predicted an earlier-than-average death in men. In women, the higher disease risk didn't lead to a higher death rate, but it did predict more trouble with such activities as walking and climbing stairs.

Dr. Must offers two conclusions. First, it's worth helping teens control their weight, or consider weight-control treatment for obese teens. (Obesity is generally defined as being at least 25 percent above the weight given on height/weight charts.) Second, don't believe that middle-age fat doesn't matter. Adult obesity also increases your risk of disease.

WHEN QUITTERS AREN'T GAINERS

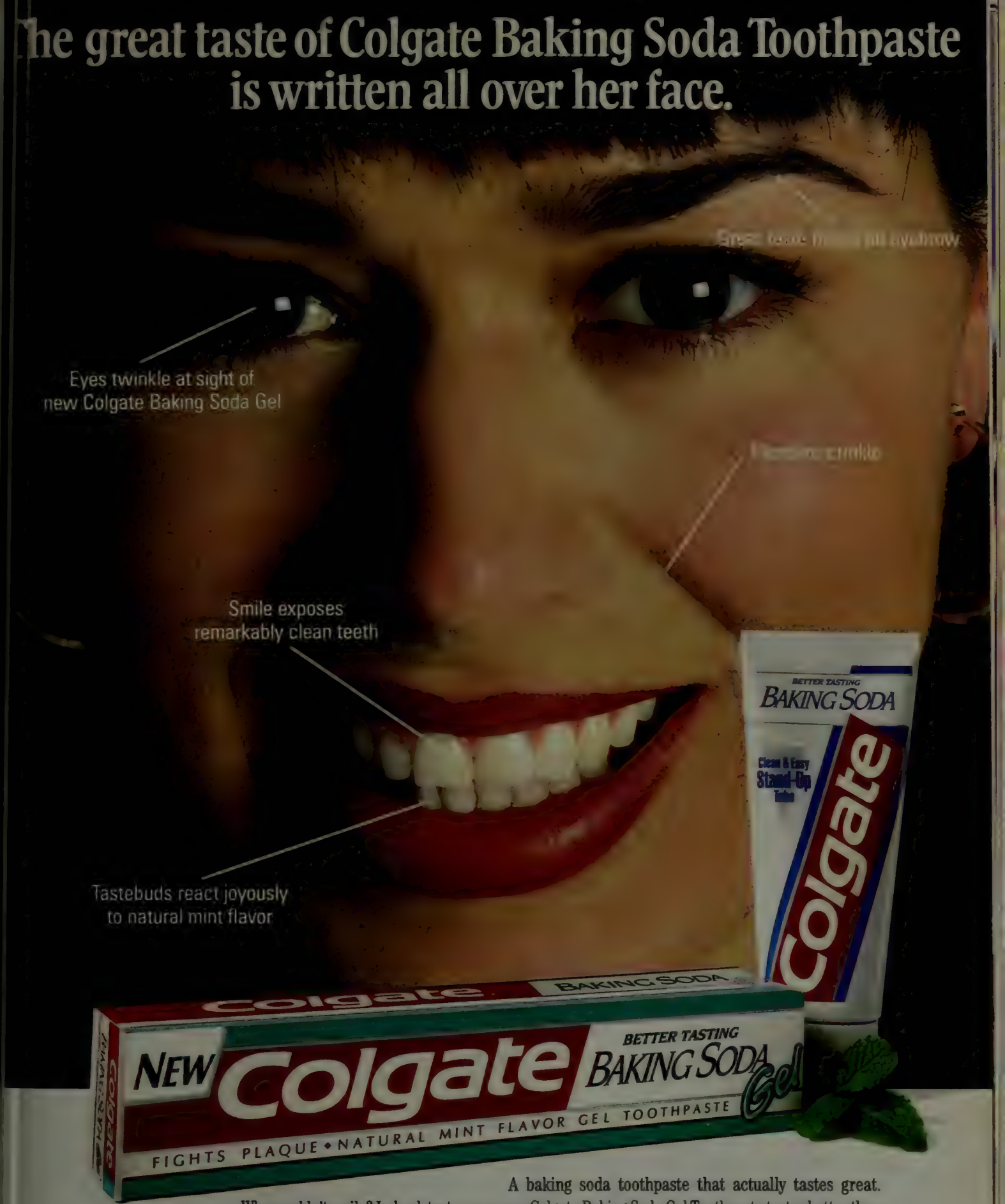
Nicotine gum and women

One of the most feared side effects of quitting smoking is weight gain. Studies confirm that most quitters add a few extra pounds—though not enough to outweigh the hazards of continuing to smoke. A new study shows that women who use nicotine gum to quit smoking tend to avoid the gain.

Scott J. Leischow, Ph.D., formerly of the Palo Alto (Calif.) Center for Pulmonary Disease Prevention, says that men didn't see the same benefit. In women, the higher the dosage of nicotine in the gum, the better it quelled weight gain.

Dr. Leischow's study can't yet be generalized to other forms of nicotine replacement—the new patches, for instance. Further study may do just that, and explain why women and men respond differently to the gum.

The great taste of Colgate Baking Soda Toothpaste is written all over her face.



A baking soda toothpaste that actually tastes great.

Who wouldn't smile? Indeed, tests prove new Colgate Baking Soda Gel Toothpaste tastes better than Arm & Hammer Dental Care® Original Gel formula. Our Baking Soda Paste tastes better than their Original Paste formula too. After all, Colgate uses natural mint flavor and finely ground baking soda. Fluoride too. Which explains why it tastes so good and leaves teeth so thoroughly clean and healthy. And why it just might get the corners of your mouth to turn up. Colgate® Baking Soda Toothpaste. Now in a great tasting new Gel. Both come in the Colgate® Clean & Easy Stand-Up Tube.

The Better Tasting Ones.

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EYE CARE UPDATE
Your guide to good vision



Don't blink. You might miss the very latest information about vision care. Here's what you need to know about today's advances in products and procedures for your eyes.

EYE TROUBLES AND YOUR HEALTH

If your vision takes an unexpected turn for the worse, don't be surprised if your eye doctor prescribes a visit to your medical doctor. You may have a serious health problem—or be suffering side effects from medication.

According to the American Optometric Association, nearsightedness, farsightedness, astigmatism, or other changes in your vision could be the warning sign of diabetes, severe stress, cataracts, or related to the use of certain medications.

One of the earliest symptoms of diabetes in adults is nearsightedness or, for a few people, farsightedness. The change in vision often happens suddenly, sometimes within weeks, and affects both eyes. Once your doctor gets your blood sugar level back to normal, usually within six to 12 weeks, your vision returns to normal.

Folks under severe stress, especially men 30 to 50, may have temporary farsightedness in one eye. The cause: leaky blood vessels behind the retina.

Watch out if you have high blood pressure. Hypertension increases the risk of developing atherosclerosis, or hardening of the arteries, which may cause blockage of the blood vessels leading to your eyes. This may [illegible] death of retinal tissue, and the loss of some vision.

Another problem for older eyes is cataracts, which turn your eye's lens cloudy in spots, blurring vision. The effects on vision can be overcome with prescription glasses. More advanced cataracts may require surgery.

Drugs prescribed to aid your health may actually lead to eye troubles. For example, diuretics, beta blockers, and vasodilators used to treat high blood pressure may cause blurred or double vision, irritation, or dry eye.

Other drugs, such as digoxin and Cordarone, used to treat heart disease, and Plaquenil and prednisone, prescribed to treat arthritis, may also result in visual changes.

A note of caution: Always consult your doctor first before stopping or changing any medication.

To help avoid unwanted eye troubles, keep your eye care professional up-to-date about your general health and any medications you're taking.

GIVE THE GIFT OF GLASSES

In the age of recycling, no one should let old eyeglasses collect dust. Here's a better idea: Donate your outdated specs to Vision Habitat, an outreach program of Habitat for Humanity International.

This nonprofit organization accepts glasses from individuals and groups. Once the glasses are sorted, they're then shipped to developing countries. The glasses are sold at a fraction of their original cost, making them affordable for thousands of people.

The money raised from the sale of glasses finances the construction of new homes in the developing country. One barrel of glasses, about 800 pairs, equals approximately one new house.

For 1993, Habitat for Humanity expects to build 80 to 90 such houses. In April the organization celebrates the completion of 20,000 houses built worldwide since 1976, the founding year of Habitat for Humanity.

To donate old glasses, send them to: Habitat for Humanity International, Vision Habitat, Dept. BHG, 121 Habitat Street, Americus, GA 31709.

OVER-40 CONTACT LENSES

Attention aging Americans: your soft contact lenses may lack the focus you need for youthful vision.

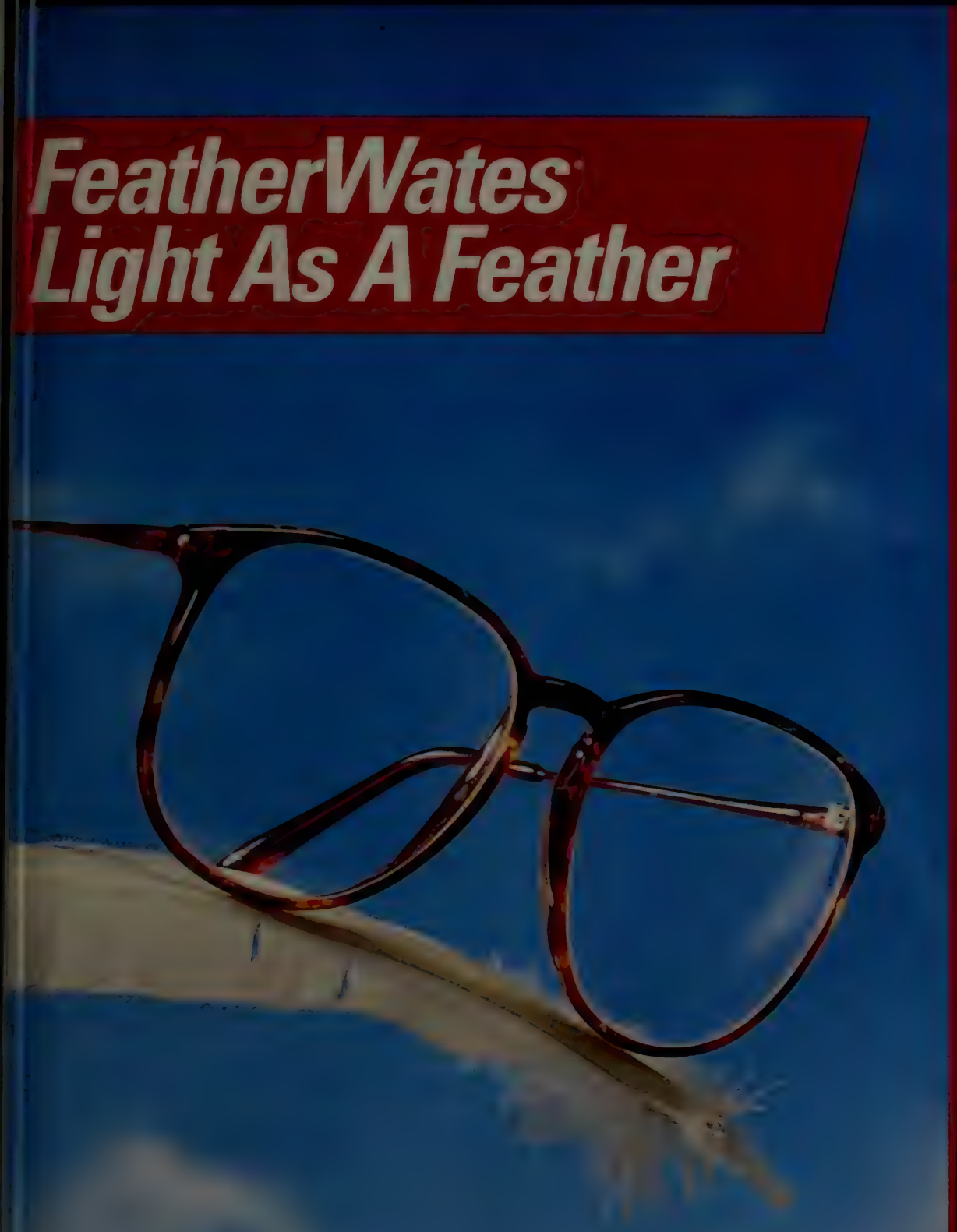
Recent improvements to rigid gas-permeable (RGP) lenses make them a better choice than soft contacts for many folks older than 40, says Kenneth A. Lebow, O.D., a contact-lens specialist in Virginia Beach, Virginia.

He says that the newer RGP lenses combine the sharp vision of hard lenses with the comfort of soft lenses. What's more, RGP lenses are healthier for your eyes than hard lenses, allowing oxygen to penetrate directly through the lenses to the eyes. With

continued on page 56

LensCrafters

FeatherWates Light As A Feather



FeatherWate Bring You Lighter Weig For Greater Comfort

Exclusive FeatherWat offer a higher standar comfort in eyewear b cause they are drama cally lighter than ordi glasses. And LensCraf America's leading one hour eyewear store, h the technology to cus craft your "light-as-a- feather" glasses in ab an hour. Experience t comfort of glasses you hardly know you're wearing.

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LENSCRAFTERS

Better Fit For Greater Comfort In About An Hour℠

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EYE CARE UPDATE

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standard hard lenses, oxygen sneaks around the lenses to reach your eyes.

The use of thinner, lighter materials in the newer RGP lenses ensures a snug fit and more comfort.

Available for extended-wear and bifocal designs, RGP lenses also work well for anyone with moderate to high amounts of astigmatism, according to Dr. Lebow. Here's another bonus: RGP lenses may last up to three years; soft lenses need replacing every year.

EYE-SAVING DROPS FOR KIDS

In the past, a child with amblyopia, or lazy eye, had one treatment of choice: wear a temporary pirate-like patch over the good eye.

Today, children with lazy eye who can't or won't wear a patch are likely to choose special eye drops instead. A parent simply applies the drops once a day in the child's good eye for at least three months. By temporarily preventing the good eye from focusing, the drops force the lazy eye to work.

A recent study from the American Academy of Ophthalmology suggests that such drops work as well as a patch for treating lazy eye.

Amblyopia causes few noticeable symptoms; therefore, it's important that your children have an examination by an eye care professional on or before age 3. After age 9, treatment for lazy eye becomes less effective and may not work at all.



For the free brochure, "Amblyopia: Is It Affecting Your Child's Sight?" send a SASE to: American Academy of Ophthalmology, Attn: Inquiry Clerk, Dept. Amblyopia, P.O. Box 7424, San Francisco, CA 94120-7424.

THROWAWAY CONTACTS

Nothing's fuzzy about the findings of two new studies on disposable contacts: wearers have a more than 10 times greater chance of developing eye infections than folks who use conventional daily-wear soft lenses or daily-wear rigid gas-permeable lenses.

The studies at The Johns Hopkins Hospital's Wilmer Eye Institute and the Moorfields Eye Hospital of London confirm what many eye doctors noticed years ago: although the disposable lenses themselves are safe, some wearers don't follow important hygiene guidelines.

Remember, disposable contacts are specifically made to be worn for just one week, then thrown away. If you're



Introducing a semi-sweet chip off the

Perfect for baking: New mini-size "m&ms"® Semi-Swee

unsure about how to care for your disposable lenses, call your eye doctor for instructions.

BRIGHT IDEAS TO HELP OLDER EYES ADJUST TO THE LIGHT

Most folks older than 40 are in the dark when it comes to light. Few realize that they need three times as much light as younger people to read, sew, or see fine print in the phone book, says Dee Ginthner, a lighting specialist from the University of Minnesota.

Glasses or contacts can help, but Ginthner says most older Americans need to update their home lighting to ensure proper comfort and safety. Older eyes, she says, are less able to focus on closeup tasks, slower to adapt to sudden changes in light intensity, and more sensitive to glare.

To see your way through such problems, she suggests the following:

- Try not to drive at night if you're bothered by such things as the brightness of oncoming headlights.
- Step to the side of a room when you enter a low-lit area such as a movie theater. You'll need a moment to let your eyes adjust to the darkness.
- Wear sunglasses on bright days to reduce glare. (Sunglasses can also help prevent the formation of cataracts.)
- Set up your home's entryway so there's a gradual transition in the brightness of your lighting.
- Avoid excessive contrast in your main living area by using even illumination in addition to table lamps.
- Use window treatments to filter light and prevent glare.



- Don't set a TV or desk directly in front of a window.
- Keep lights on while watching TV.
- Use fluorescent lights in the work areas of your home.
- Select light colors for your walls and carpets.

FREE CONTACT LENS GUIDE

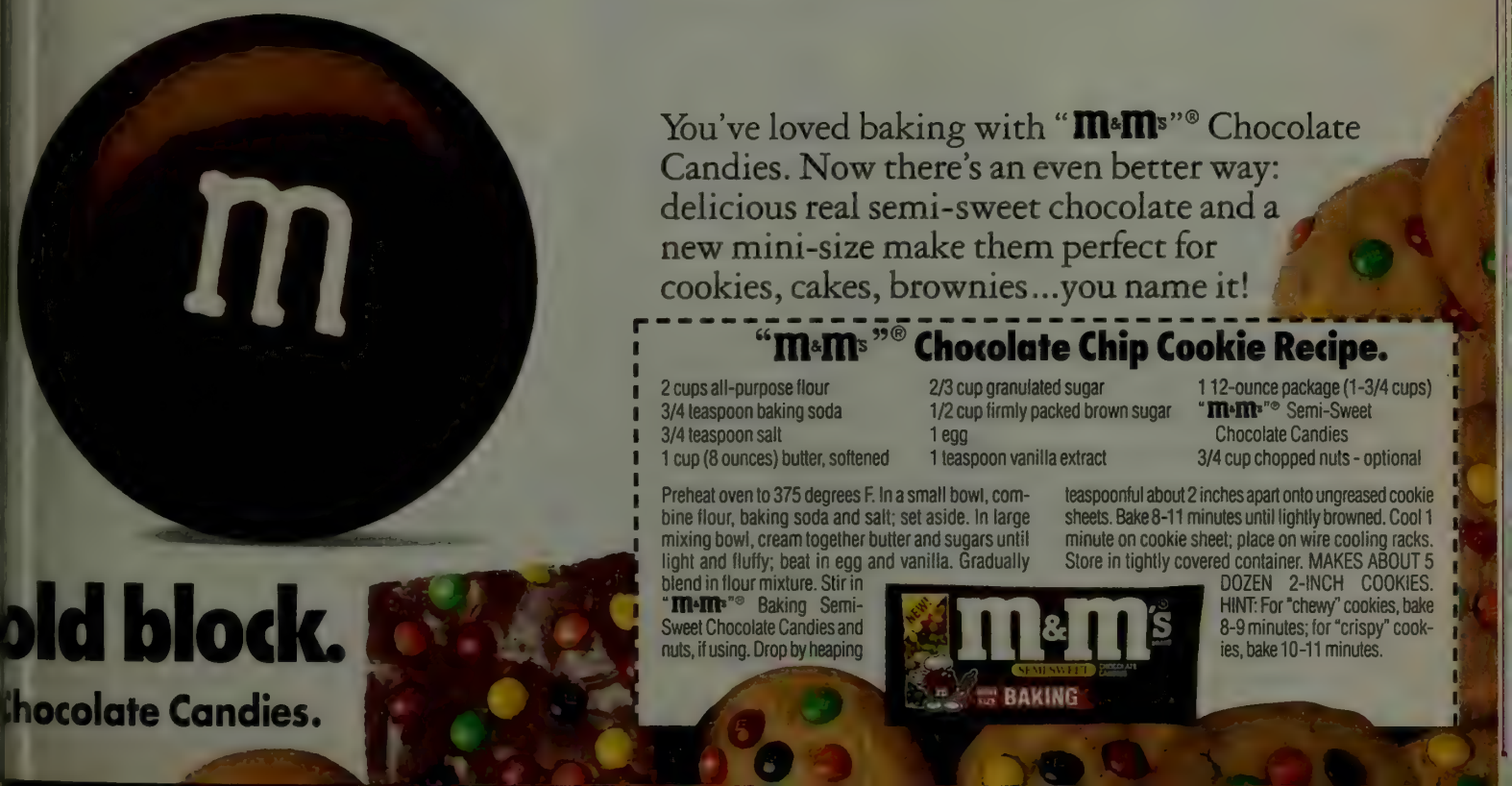
No matter which type of contact lens you wear, a new brochure from the Contact Lens Council could save your peepers from serious infection.

The guide describes the functions of various solutions, as well as the do's and don'ts of wearing contact lenses. For example, the brochure advises contact-lens wearers to:

- Put your lenses in *before* applying any makeup.
- Redisinfect lenses that are stored for more than 12 hours.
- Never use saliva to wet lenses.

To order a free copy of "What You Need To Know About Safe Contact Lens Wear," call the Contact Lens Council at 800/322-8640. In Maryland, call 301/428-3006.

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HEALTH EDUCATION
How well does your child's school measure up?



You may know for certain that your child's school does a fine job of teaching reading and writing. But is your child also learning how to stay healthy? In a world where young children must face health dangers unheard of a generation ago, that question takes on vital importance for all parents.

Issues once reserved for adults—AIDS, illegal drugs, and venereal disease, for instance—are today a familiar part of a child's world. As a parent, you are likely concerned about these dangers. But if your child's school isn't educating youngsters about these topics, you ought to be alarmed.

Here's a brief look at the state of health education in America, followed by a topic-by-topic guide to help you assess the performance of your community's schools.

Variety makes a good program. Most experts believe a well-rounded health education includes lessons in many subjects: safety, nutrition, anatomy, fitness, disease prevention, relationships, sexuality, and reproduction. What's actually taught in the classroom, however, varies widely from one school to the next, and complaints exist that quality health instruction is sometimes overlooked.

Health issues once reserved for adults are today a familiar part of a child's world.

"There are teachers who devote themselves to this kind of education, but not enough of them. Health often gets tossed off to people who don't really want to do it," notes Keith Sovereign, Ed.D. executive director of the "Community of Caring," an educational program sponsored by the Joseph P. Kennedy Jr. Foundation in Washington, D.C.

Dr. Sovereign says health instruction in America is fragmented and reactionary. "Often, it's whatever is scaring the heck out of the public at the moment," he says.

Better programs are far more comprehensive than the "disease of the month" approach. "If anything, health should be the primary focus of a student's education," says Iris Tropp, of the National Education Association's Health Information Network. "In the long term, the most important thing we can teach children is how to take care of their bodies, make decisions, and act responsibly."

Comprehensive health is also controversial because sexual education and AIDS awareness are part of the package. Battle lines are drawn over whether these topics should be taught at home instead of at school.

"I don't think children are stupid. They know there are things like AIDS, and they know about pregnancy," says Young Jay Mulkey, Ph.D., president of the Character Education Institute in San Antonio, a nonprofit education foundation. "I really think this is something the parents and adults in a child's life must and should talk to their children about."

"Sexual education is not the thrust of most health instruction programs, it's only a small part," argues Tropp, "and any strong health program has strong parental involvement."

WHAT EVERY CHILD NEEDS TO KNOW

Health education will probably undergo big changes in the next decade. Here's a broad picture of what your children should be learning today:

Personal safety. Kindergartners are typically instructed on bus safety, traffic rules, fire drills, and use of playground equipment. They also learn to dial 911 in an emergency.

Young children should know how to evacuate a burning building and to "stop, drop, and roll" if clothing catches fire. Later lessons may include water safety, bicycle safety, car safety, and electrical hazards. Learning to handle conflict can begin in kindergarten and grows in importance as children progress through school, says Tropp.

Sound nutrition. Educators think nutritional advice is crucial because many children are alone after school. They need help choosing healthful snacks.

continued on page 61



Less than an hour ago, this child was sneezing, sniffling, and had a stuffy head with watery eyes.



Less than an hour ago, his mother was worried.

/ith an antihistamine for his
ezing and sniffling plus a
ongestant for his head and
al congestion, Children's
Quil can quiet things down
clear things up.
nlike the other leading
nds taken for allergies, all
relief comes with
alcohol. And no aspirin.



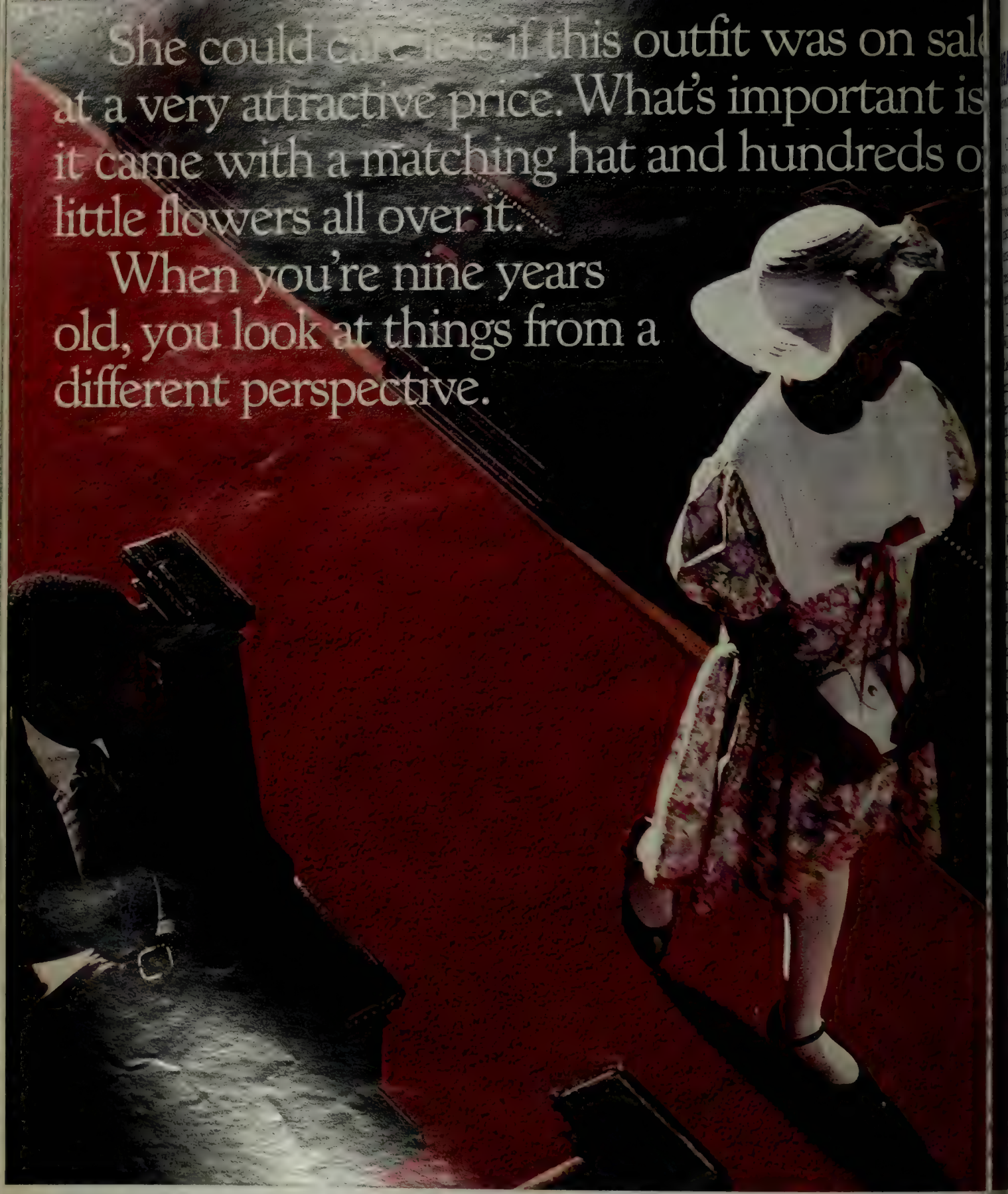
Children's NyQuil Allergy/ Head Cold is the alcohol-free, aspirin-free, nighttime, sniffling, sneezy, stuffy head, watery eyes, so your child can rest medicine.

NO ALCOHOL

When you're a parent who cares, it's good to know Vicks cares, too.

Children's NyQuil® Allergy/Head Cold. So you can both rest.

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Accumulate $100 or more in kids' clothing or kids' ... and you can redeem it for 15% off your next purchase. All kids' clothes and kids' shoes that wear ... exchanged in the same size. Applies to merchandise bought in Sears U.S. retail stores only. See store for details. © 1993 Sears, Roebuck and Co.

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SEARS

HEALTH EDUCATION

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Children should recognize foods too high in sugar, fat, and salt. Weight control, cholesterol levels, and reading food labels are also discussed. Later instruction covers how different nutrients affect body functions. Preparing meal plans using a variety of foods is a useful exercise.

Lillian Brinkley, principal of the Willard Model Elementary School at Lakewood, Norfolk, Virginia, thinks nutrition lessons are effective, judging by the many students choosing to eat chef's salads in the school cafeteria. "I think kids are good listeners when it comes to health."

Physical education. "Team sports are important because they build a lot of skills," says Tropp. "There's group decision-making as well as staying physically fit. The whole competitive experience can be really positive."

Tropp would like to see more emphasis on activities children can practice for life, such as yoga and aerobics.

Disease prevention. Young students should know to wash their hands before meals, cover their mouths when coughing, and throw away used tissues. By junior high, students should know how the immune system works and how to keep it healthy. They should also understand how genetics contribute to various diseases. Tropp says teachers should know that they can borrow educational materials from agencies such as the American Cancer Society.

Bonita Martin, a home economics teacher in Townsend, Massachusetts, discusses many conditions with her high school students, including ovarian, breast, and prostate cancer. "Maybe someone they know has one of these diseases and they want to talk about it."

Mental fitness. Building self-esteem, such as having children identify their positive attributes, should be central to every health discussion, says Tropp. Teachers should help students develop stress management skills and coping strategies for difficult situations. The ability to say "no" without hurting someone's feelings helps fight negative peer pressure.

Sexual awareness. This hotly debated topic is usually included in "family life" instruction. Sexual issues are presented within the overall context of healthy relationships. In many schools, that means delaying meaningful sexuality education until junior high school.

That's unfortunate, say many educators. Tropp, for example, believes that sexual education should start early and be geared to the age of the child. Kindergarten and first-graders need to learn about inappropriate touches. Reproduction and puberty might begin around fourth grade. Many schools institute pregnancy prevention programs beginning in junior high or middle school.

Both sides of the pregnancy prevention issue can find support in the research.

Considerable controversy surrounds the handling of pregnancy prevention. Janet Hardy, M.D., a pediatrician at Johns Hopkins Children's Center in Baltimore, conducted a study showing that reproductive counseling, including access to birth control, dramatically lowers the teen pregnancy rate and delays the first act of intercourse.

"Our philosophy was to promote abstinence or responsible use of contraceptives by youngsters who choose to be sexually active," says Dr. Hardy. "Our findings definitely refute the myth that giving teenagers contraceptives makes them promiscuous."

Proponents on both sides of the pregnancy prevention issue can find support for their approaches. There are studies validating programs that promote abstinence. Other research seems to favor contraceptive counseling as most effective.

"Teaching abstinence is easier than teaching contraception," says William Archer, M.D., deputy assistant secretary for Population Affairs at the Department of Health and Human Services. Dr. Archer sees serious flaws in much of the research on teenage sexual activity, and argues that the best research supports abstinence programs as a means of reducing pregnancy among school-age children.

Also clouding the issue is the fact that more than pregnancy is at stake. Dr. Archer says that even regular users of condoms contract veneral diseases like chlamydia.

Another controversial area lies in what is termed a "values-based" approach. These programs aim to help students distinguish between right and wrong actions. A "wrong" action—irresponsible sexual activity, for instance—is wrong because of its potential for hurting someone.

"You can't talk about health and not talk about sex," says Dr. Sovereign. "But until health is tied into some sort of values discussion, kids don't see the use of it."

AIDS awareness. The Centers for Disease Control recently reported a drop in teen sex, possibly because of AIDS education. The center recommends AIDS prevention start in kindergarten and continue through high school.

To allay children's fears, it's vital to talk about AIDS, says Tropp. For younger children, that means talking about how people can and cannot contract the virus, without furnishing explicit details of sexual intercourse.

Martin adds that meeting someone with AIDS can help children see that the disease isn't just something you see on TV or read about in magazines. Her school recently welcomed two people with AIDS as guest speakers. They effectively conveyed the message that AIDS is out there, and can strike anyone who engages in risky behavior.

Drug abuse prevention. Anti-smoking campaigns should begin early. Educational materials, such as models of a smoker's lung, vividly portray the deadly effects of tobacco. Students should also learn to resist peer pressure to use alcohol and learn where to find help for a drinking problem. Children should know the dangers of illegal drugs by the end of elementary school, says Tropp.

"Kids are prime targets for dealers and pushers," she adds. "If they're warned and told about these things, they stand less of a risk of becoming involved."

QUESTIONS YOU CAN ASK

Every school system differs in its

continued on page 64

Menopause is the re
on Premarin®. Ask you
(conjugated estrogens tablets) a reaso

The symptoms of menopause are very real: hot flashes, vaginal dryness and night sweats which may cause sleep disturbances.

For millions of women, these symptoms are effectively treated with estrogen replacement therapy.

And, the same treatment that relieves the symptoms of menopause can also help prevent osteoporosis (brittle bones), a disease that develops in about one of every four women over 50.

THE CONNECTION BETWEEN MENOPAUSE AND OSTEOPOROSIS.

After menopause, your body produces very little estrogen. Without estrogen, your bones can become fragile, more likely to break.

In fact, half of the bone mass women lose is lost in the first seven years after menopause begins. What's more, bone loss is irreversible. But even if some bone loss has occurred, estrogen can help prevent further loss. So it's important to ask your doctor if you're at risk of developing brittle bones.

HOW WOULD YOU ANSWER THESE IMPORTANT QUESTIONS?

Of course, some women are at greater risk for osteoporosis than others. This brief test will help determine your personal risk factor.

The more times you answer "yes," the greater your risk of developing osteoporosis.

RISK FACTOR TEST

QUESTION	YES	NO
1. Do you have a small, thin frame or are you Caucasian or Asian?	☐	☐
2. Do you have a family history of osteoporosis?	☐	☐
3. Are you a postmenopausal woman?	☐	☐
4. Have you had a hysterectomy?	☐	☐
5. Have you been taking thyroid medication or cortisone-like drugs for asthma, arthritis, or cancer?	☐	☐
6. Is your diet low in dairy products and other sources of calcium?	☐	☐
7. Are you physically inactive?	☐	☐
8. Do you now or have you ever smoked?	☐	☐

Clip out and take to your doctor.

ASK YOUR DOCTOR IF ESTROGEN THERAPY IS RIGHT FOR YOU.

Regular weight bearing exercise and calciu are important for everyone. However, for women at risk of osteoporosis, they may not b enough. Estrogen, as part of a total treatmen program including diet and exercise, can be effective way to help prevent osteoporosis. Th estrogen doctors prescribe most is Premarin® Premarin has been shown to reduce hip and forearm fractures by approximately 60%...so ask your doctor if it's right for you.

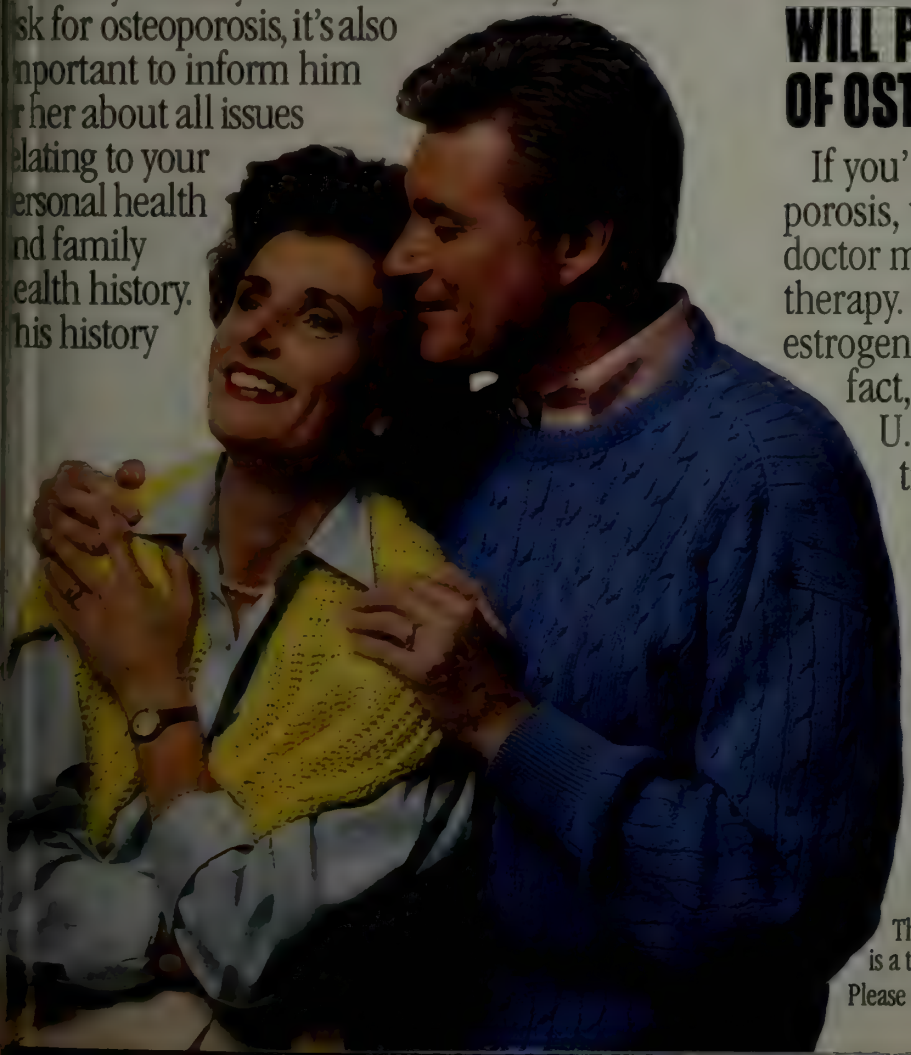
on most women start
octor if osteoporosis is
o stay on it.

HE SIDE EFFECTS OF ESTROGEN HOULD BE CONSIDERED.

As with all drugs, there can be side effects ith estrogen. One is the possibility of devel- oing cancer of the uterus. Be sure to discuss is with your doctor. If you've had a hyster- ctomy, you don't have this risk.

When you ask your doctor whether you're at sk for osteoporosis, it's also nportant to inform him r her about all issues elating to your ersonal health nd family ealth history. his history should include instances of cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting, or heart disease.

While women entering menopause are not likely to become pregnant, estrogens should not be used during pregnancy because of possible risk to the fetus.



SYMPTOMS OF MENOPAUSE WILL PASS. THE RISK OF OSTEOPOROSIS WON'T.

If you're one of the women at risk for osteoporosis, you need to find out about it. Your doctor may recommend estrogen replacement therapy. Premarin® is the most widely studied estrogen and the one doctors prescribe most. In fact, more than 7 million women in the U.S. alone rely on Premarin for the treatment of symptoms of menopause or as part of a program to help prevent osteoporosis.



PREMARIN®
(conjugated estrogens tablets)

The appearance of this 0.625 mg tablet is a trademark of Wyeth-Ayerst Laboratories.

Please be sure to read the important information on the following page.

HEALTH EDUCATION

continued from page 61

approach to health education. The following questions can help you judge the quality of instruction in your child's school.

1. Who is teaching health? Increasingly, health is "integrated" into other subjects, such as biology, social studies, home economics, and physical education. All educators should be highly motivated and comfortable discussing sexuality and reproduction.

2. What textbooks are used? It's essential that books are current, since medical knowledge changes rapidly. Dr. Sovereign cites recent findings that "yo-yo dieting" is hazardous. "That's the kind of information I'd want my kid to know."

3. Can I review materials? Lillian Brinkley, an elementary school principal in Norfolk, Virginia, advises parents to attend school board meetings to learn about proposed health curricula. Or, ask the school principal. You can read established textbooks in the school library, and you can most likely preview films, handouts, and other reference materials.

4. When are the "facts of life" explained? Reproduction is usually introduced in fourth or fifth grade, and most educators agree timing is critical. "I have a problem if you introduce sex education in the third grade," says Dr. Sovereign. "But if you delay until the ninth grade, I have a problem with that too."

5. Can I decline permission? Educators report that a few parents won't let their children attend classes on reproduction. If you do decide to "opt out," see if the substitute curriculum involves formal instruction or just "library time." BH&G

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMARIN® Brand of conjugated estrogens tablets

This Summary describes when and how to use estrogens and the risks of estrogen treatment.

ESTROGEN DRUGS

Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable in view of their benefits. If you decide to start taking estrogens, check with your doctor to make sure you are using the lowest possible effective dose. The length of treatment with estrogens will depend upon the reason for use. This should also be discussed with your doctor.

USES OF ESTROGEN

To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries. The decrease in the amount of estrogen that occurs in all women, usually between ages 45 and 55, causes the menopause. Sometimes the ovaries are removed by an operation, causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest or sudden intense episodes of heat and sweating ("hot flashes"). The use of drugs containing estrogens can help the body adjust to lower estrogen levels.

Most women have none or only mild menopausal symptoms and do not need estrogens. Other women may need estrogens for a few months while their bodies adjust to lower estrogen levels. The majority of women do not need estrogen replacement for longer than six months for these symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of vertebrae, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as milk products) or taking calcium supplements (1,000 to 1,500 milligrams per day) and certain types of exercise may also help prevent osteoporosis.

Since estrogen use is associated with some risk, its use in the prevention of osteoporosis should be confined to women who appear to be susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white race, thinness, and cigarette smoking.

Women who had their menopause by the surgical removal of their ovaries at a relatively young age are good candidates for estrogen replacement therapy to prevent osteoporosis.

To treat certain types of abnormal uterine bleeding due to hormonal imbalance.

To treat atrophic vaginitis (itching, burning, dryness in or around the vagina) *and atrophic urethritis* (which may cause difficulty or burning on urination).

To treat certain cancers.

WHEN ESTROGENS SHOULD NOT BE USED

Estrogens should not be used:

During pregnancy. Although the possibility is fairly small, there is a greater risk of having a child born with a birth defect if you take estrogens during pregnancy. A male child may have an increased risk of developing abnormalities of the urinary system and sex organs. A female child may have an increased risk of developing cancer of the vagina or cervix in her teens or twenties. Estrogen is not effective in preventing miscarriage (abortion).

If you are breast feeding. Many drugs are excreted in human milk and can be passed on to your baby. Therefore, estrogen therapy should be used only when your doctor decides it is clearly necessary.

If you have had any heart or circulation problems. Estrogen therapy should be used only after consultation with your physician and only in recommended doses. Patients with a tendency for abnormal blood clotting should avoid estrogen use. This includes patients who currently have clots in the leg (thrombophlebitis), or any other part of the body (thromboembolic disorder). (See below.)

If you have had undiagnosed vaginal bleeding. If you have ever had abnormal bleeding from the vagina estrogens should not be used unless you have talked to your physician about this problem.

If you have had cancer. Since estrogens increase the risk of certain cancers, you should not take estrogens if you have ever had cancer of the breast or uterus. In certain situations, your doctor may choose to use estrogen in the treatment of breast cancer.

When they are ineffective. Sometimes women experience nervous symptoms or depression during menopause. There is no evidence that estrogens are effective for such symptoms. You may have heard that taking estrogens for long periods (years) after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence that this is so and such long-term treatment may carry serious risks.

DANGERS OF ESTROGENS

Cancer of the uterus. The risk of cancer of the uterus increases the longer estrogens are used and when larger doses are taken. One study showed that when estrogens are discontinued, this increased risk of cancer seems to fall off quickly. In another study, the persistence of risk was demonstrated for 10 years after stopping estrogen treatment. Because of this risk, it is important to take the lowest effective dose of estrogen and to take it only as long as you need it. There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pres[illegible]

If you have had your uterus remov[illegible] total hysterectomy), there is no danger of developing cancer of the uterus. If you have your uterus, pleas[illegible] "OTHER INFORMATION."

Cancer of the breast. The majority of [illegible] with normal doses used for estrogen replacement therapy and breast [illegible] increased incidence of breast cancer in those women tak[illegible] especially if higher doses are used.

Regular breast examinations by a health professional and self-examination are recommended for women receiving estrogen therapy, as they are for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women who do not use estrogens.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, heart attack or pulmonary embolus, any of which may be fatal.

Heart disease. Large doses of estrogen in men have been shown to increase the risk of certain heart diseases. This may not necessarily be true in women. In order to avoid the theoretical risk of high doses, the dose of estrogen you take should not exceed the dose recommended by your doctor.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

SIDE EFFECTS

In addition to the risks listed above, the following side effects have been reported with estrogen use:

- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Breakthrough bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING RISK OF ESTROGEN USE

If you decide to take estrogens, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking estrogens, it is important that you visit your doctor at least once a year for a physical examination. Special attention should be given to blood pressure, breasts, abdomen, and pelvic organs. A Pap smear should be taken and tested at this visit. If members of your family have had breast cancer or if you have ever had breast nodules or an abnormal mammogram (breast x-ray), you may need to have more frequent breast examinations. Also be sure to let your doctor know if you have ever had liver or kidney disease, as this may affect the decision to use estrogen.

Reevaluate your need for estrogens. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual side effects to your doctor immediately:

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath or coughing blood (indicating possible clots in the legs, heart, or lungs).
- Severe headache, dizziness, faintness, or changes in vision, indicating possible clots in the brain or eye.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION

Some physicians may choose to prescribe another hormonal drug to be used in association with estrogen treatment for women with a uterus. These drugs, progestins, have been reported to lower the frequency of occurrence of a possible precancerous condition of the uterine lining. Whether this will provide protection from uterine cancer has not been clearly established. There are possible additional risks that may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. The choice of progestin and its dosage may be important in minimizing these effects.

Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else.

If you will be taking calcium supplements as part of the treatment to help prevent osteoporosis, check with your doctor about the amounts recommended.

Keep this and all drugs out of the reach of children. In case of overdose, call your doctor, hospital, or poison control center immediately.

This Summary provides the most important information about estrogens. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.

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This Brief Summary for Direct-to-Consumer Advertising is based on the current Premarin Tablets insert, PI 4060-1, issued June 6, 1990 with the incorporation, in lay language, of pertinent text from the Physician insert, CI 4079-1, issued May 23, 1991.

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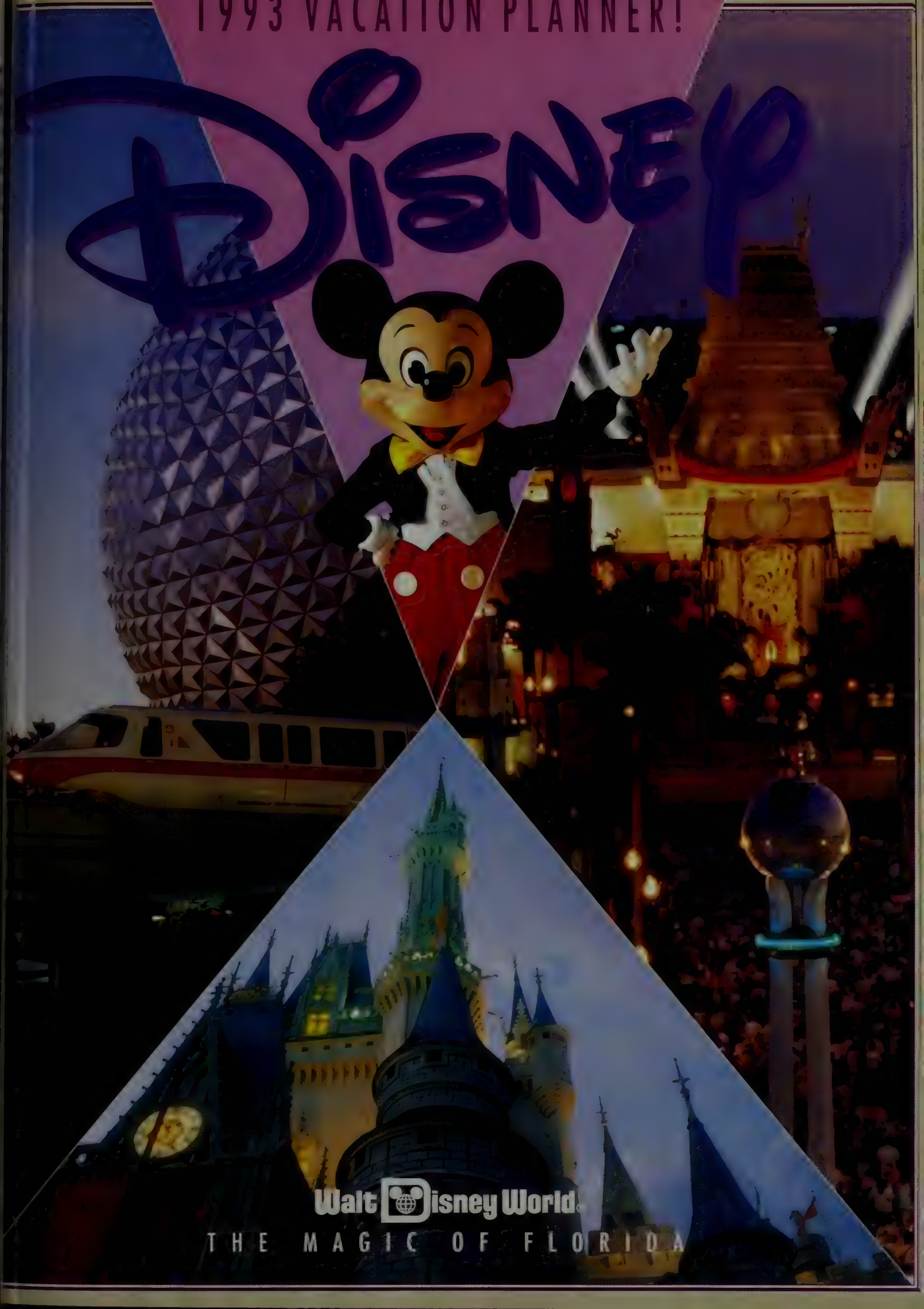
WAPR-8828-A

Worldwide Leadership in Female Healthcare

WYETH-AYERST LABORATORIES
Philadelphia, PA 19101

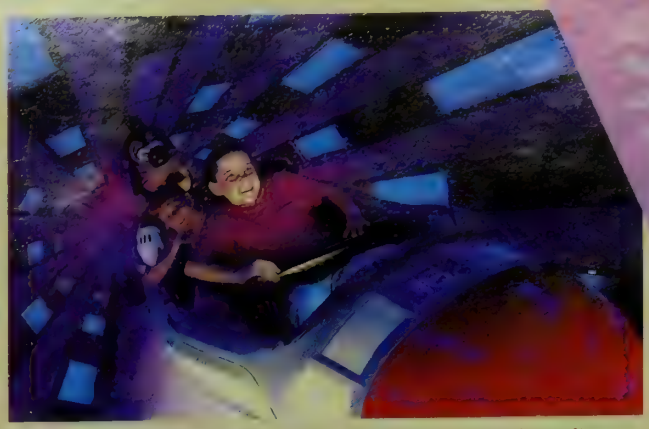
1993 VACATION PLANNER!

Disney

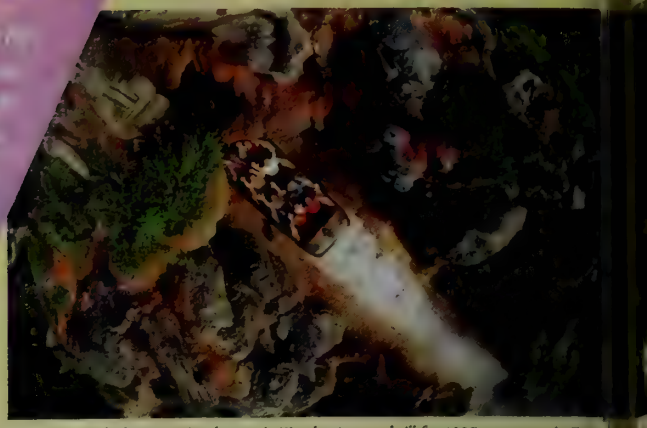


Walt Disney World®

THE MAGIC OF FLORIDA



Space Mountain in Tomorrowland. (Who says you can't hear a person scream in space?)

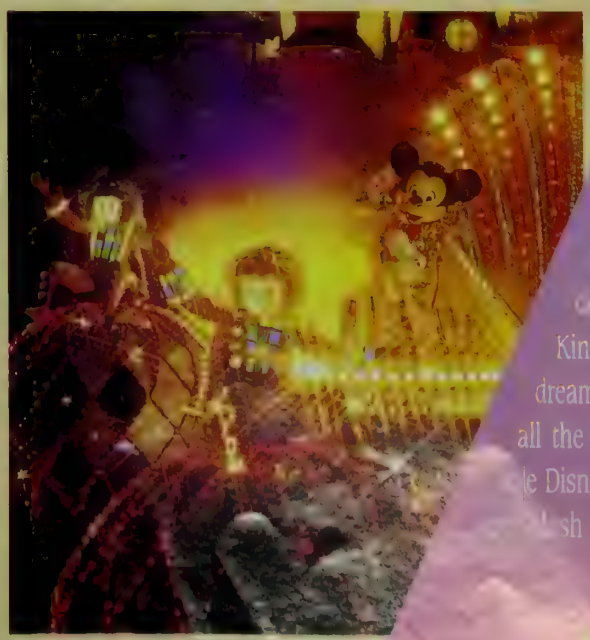


Splash Mountain, the Magic Kingdom's new thrill for 1993, now open in Front-

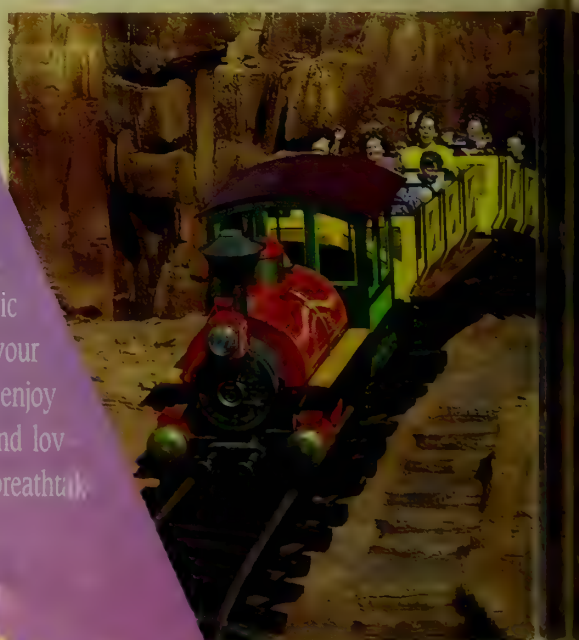
MAGIC KINGDOM



Cinderella Castle, where every dream comes true and every ending is happy.

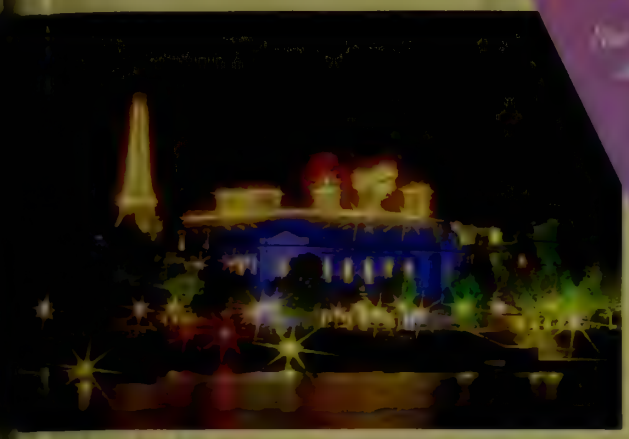


"SpectroMagic" sets the Magic Kingdom

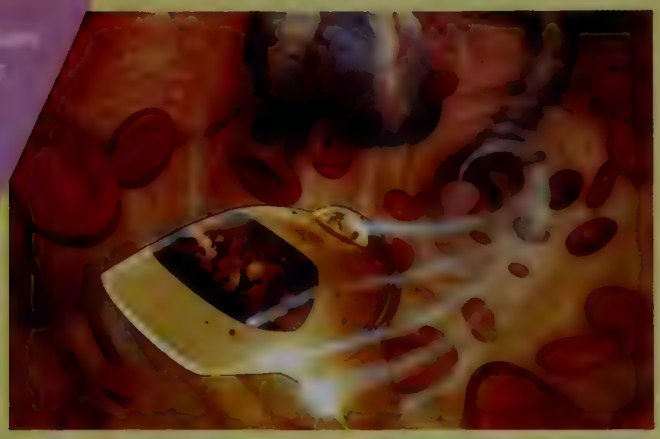


Big Thunder Mountain Railroad in Fro

Magical beyond imagination and wonderful beyond words, the Magic Kingdom is the beginning of all your dreams come true. Plan a full day to enjoy all the attractions, parades, shows and lov[e] Disney characters. And don't miss breathtak[ing] Splash Mountain, new in Frontierland!



's world-famous light show, "IllumiNations," presented by G.E.

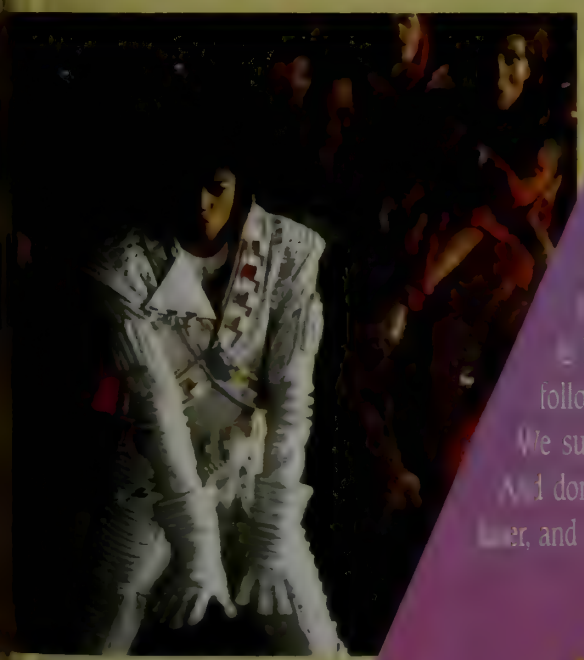


Be reduced to the size of a blood cell and take the ride of your life through a human body in the Wonders of Life pavilion, presented by Met Life.

EPCOT CENTER



t's inside Spaceship Earth? Can't tell you. But behind it you'll find a whole new world.



Michael Jackson stars in an out-of-this-world adventure, presented by Kodak.

Beyond the Walt Disney World's three major theme parks, Epcot Center is like visiting a futuristic world's fair, followed by an around-the-world tour. We suggest at least two days to see it all. And don't miss "IllumiNations," a nightly light, laser, and fireworks spectacular presented by G.E.



Dive to the sea base of the world's sixth largest ocean, presented by United Technologies.

Only The Big Red Boat Sails With All The Magic Of The Disney Experience.



For a magical vacation your fami will never forget, experience The B Red Boat's exciting Cruise and Disn Vacation. The best family vacati afloat, only The Big Red Boat offers y exclusive features including: 3- or night Bahamas cruises with Disn characters on board • 3 or 4 nights Orlando area accommodations • unlir ited admission to all the Disney Then Parks • rental car with unlimite mileage • and round-trip coach airfar Plus, we've added an exclusive ne destination to our Bahamas itineraries Port Lucaya! On the quiet side of Grar Bahama Island, it's one of the most pri tine hideaways in The Bahamas – ar the only way to cruise there is on boa The Big Red Boat.

So call your travel agent tod and get ready to ship your family America's Number One Family Crui and Vacation!

BOOK BY 4/30/93 AND SAVE UP T

$500 PER CABIN

* Savings based on $100 per person discoun max. occ. of 5 per cabin. All guests must stay same cabin. Port charges not included. Subje to availability. Restrictions and blackout dat may apply. Not combinable with any oth offer. Certain gateways require air add-on.

THE BIG RED BOAT

Ships' registry: Bahamas and Liberia.
© 1993 Premier Cruise Lines, Ltd.
© 1993 The Walt Disney Company



Guests who stay at Disney's Yacht & Beach Club Resorts can use convenient entrances to the Disney-MGM Studios Theme Park and Epcot Center.



...rough Star Tours, the ultimate "Star Wars" thrill ride! ...ted by M & M's® Chocolate Candies.



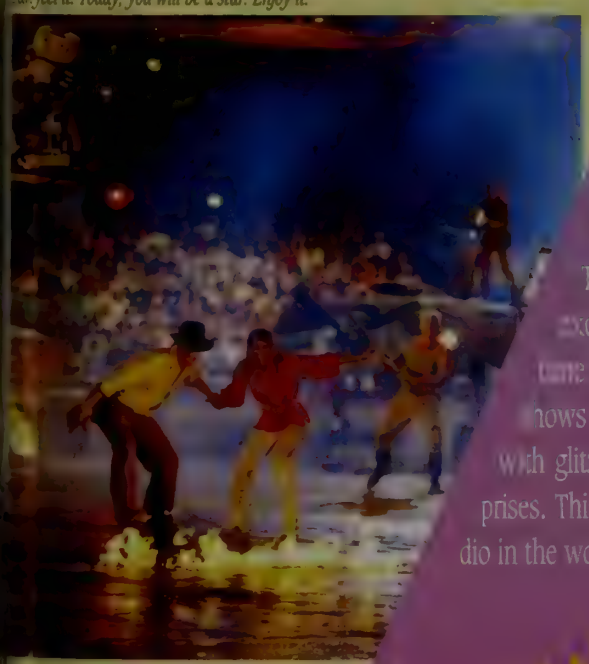
Disney's Aladdin comes to life every day during this wild and wacky parade called "Aladdin's Royal Caravan." You don't even have to use a wish!

DISNEY-MGM STUDIOS

THE THEME PARK

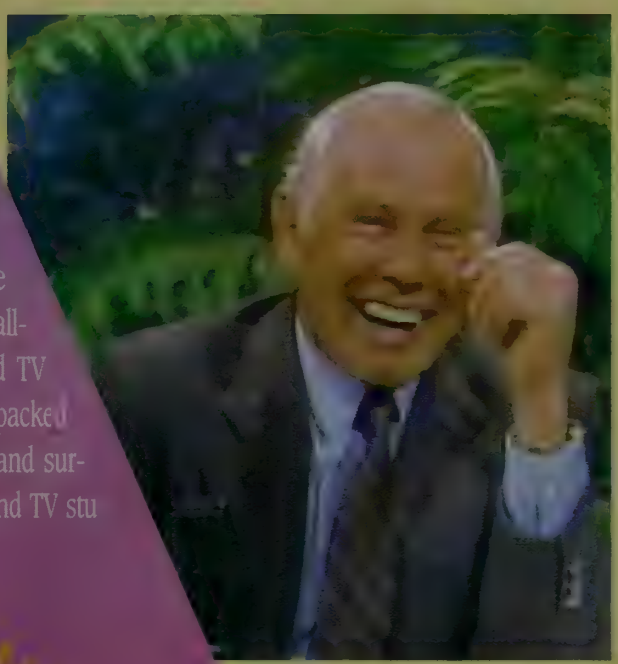


...re walking up Hollywood Boulevard. Ahead is the Chinese Theater. Beyond is something exciting. ...can feel it. Today, you will be a star. Enjoy it.



...ana Jones™ Stunt Spectacular puts you in the heart of the action.

Step into the Disney-MGM Studios Theme Park and experience the exciting world of the stars. Your all-time favorite motion pictures and TV shows come to life in a day action-packed with glitz, glamour, celebrities, thrills and surprises. This is the most popular movie and TV studio in the world!



Get a guest shot with Johnny on SuperStar Television, presented by Sony®

CALL YOUR TRAVEL AGENT OR

407-W-DISNEY

FOR A WALT DISNEY WORLD RESORT ROOM, FROM $89 A NIGHT!

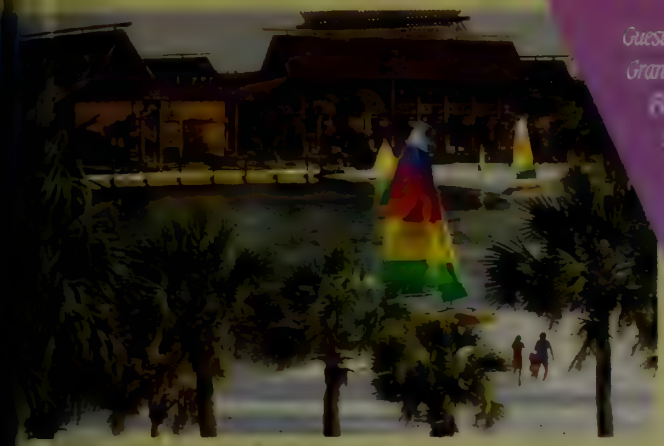


Disney's Caribbean Beach Resort, the excitement of the islands, from $89 a



The Disney Inn, in the middle of two from $180 a night.

Walt Disney World now offers 12 fabulous themed resorts right in the middle of the Disney magic, with rooms priced from $89 a night! Each Disney resort offers plenty of recreation plus benefits like Disney transportation and Disney character appearances. Some Disney resorts even offer early entry into the Magic Kingdom! Be our guest.



...an Resort, an island paradise, from $165 a night.

Guests of Disney's Contemporary, Grand Floridian, Polynesian and [illegible] can be charged room charges to [illegible] charge cards.



Disney's Dixie Landings Resort, true Southern hospitality and the comforts of down home, from $94 a night.

ONLY WALT DISNEY WORLD RESORT HOTELS OFFER THESE MAGICAL BENEFITS.

. LOCATION. LOCATION. LOCATION. This is as close to the ... as you can get. So close, our views include ...lin Castle at the Magic Kingdom and Spaceship Earth ... Epcot Center!

. EARLY ENTRY INTO THE MAGIC KINGDOM. Guests at ... Disney Resort hotels are allowed into the Magic ...ngdom an hour before the general public to ride popular ...ctions like Space Mountain.

. FAST, FUN DISNEY TRANSPORTATION. Staying at a ...ney Resort means you can get around the World fast using ...ney monorails, motorcoaches and water transportation. ...d it's all free!

. FABULOUS DISNEY RESORT AMENITIES.* Themed ...ming pools. Lakes. Beaches. Health clubs. Golf courses. ...ney babysitting. Character entertainment. And much more.

5. DISNEY CHARACTER BREAKFASTS. Breakfast with Minnie Mouse and Goofy. Dinner with Chip 'n' Dale. It's pure magic, even for adults.

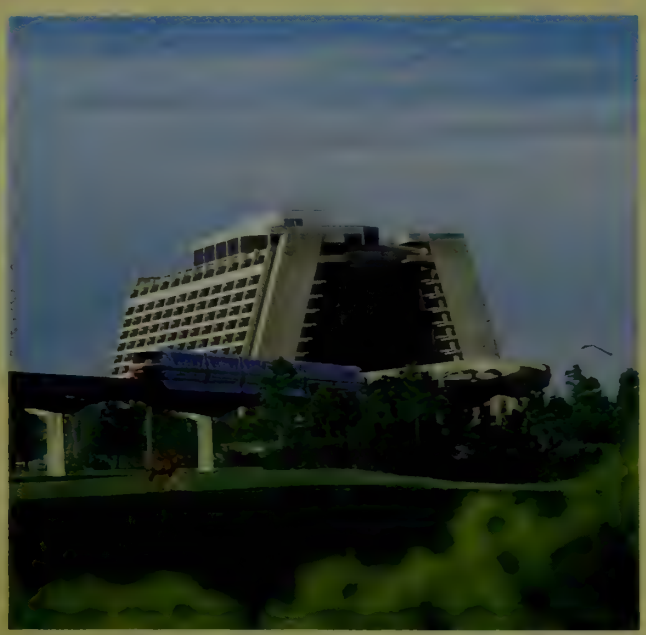
6. V.I.P. TREATMENT ON DISNEY GOLF COURSES. Walt Disney World now offers 5 championship 18-hole courses and a 9-hole executive course. We reserve the best tee times for Disney Resort guests.

7. ADVANCE RESERVATIONS FOR DISNEY DINING. Disney Resort guests can make reservations up to 30 days in advance, a big advantage because of the popularity of the dinner shows.

8. MONEY-SAVING "BE OUR GUEST PASS." This ticket is good through your entire length of stay and gives you "anytime access" to Disney theme parks, water parks, Pleasure Island and Discovery Island.



Disney's Yacht and Beach Club Resorts, New England-style seashore hotels within walking distance of Epcot Center, from $205 a night.



Disney's Contemporary Resort, the hotel of the future, from $190 a night.



This Ride Recommended For Kids Of All Ages.

Just climb aboard, settle into your seat and you'll be on your way to WALT DISNEY WORLD® Resort. With more flights to Orlando than any other airline, Delta is the easiest way to get to the MAGIC KINGDOM® Park. And the most fun. Because we offer special meals† and surprises for the kids on your way there.

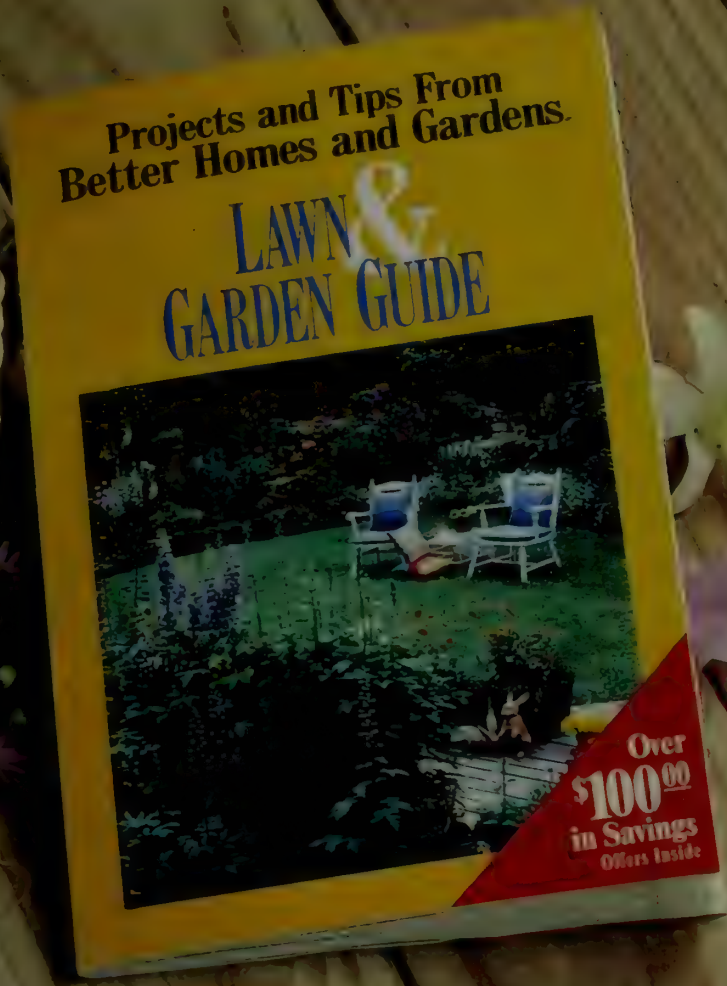
Add in the fact that Delta has the best overall record of passenger satisfaction among all major U.S. airlines;* and it's easy to see why we're one ride you won't want to miss.

For information, reservations or inquiries about Dream Vacations™ from Delta, call your Travel Agent. Or contact Delta's Vacation Center at 1-800-872-7786.

DELTA
The Official Airline Of Disneyland® And Walt Disney World®.

†Available on meal flights. *Based on consume[illegible] of Transportation since 1971. ©1993 Delta Air Lines, Inc.

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Magazine and Books

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Full of helpful information for occasional, weekend, and frequent gardeners alike. You can learn the proper methods to plant, fertilize and water for Picture Perfect lawns, flower and vegetable gardens. You will also receive $100. in savings and free offers from Ames® Tools; Apex® Garden Hoses; Nelson® Lawn and Garden Watering Equipment; Hoffman® Plant Foods, Potting Soils, and Soil Conditioners; and other products. Included will be certificates for 2 FREE rolls of 35mm color film and FREE film developing.

* With $1.00 for shipping and handling or $2.49 for a 900# call.



Buy these fine products to create your Picture Perfect Lawn & Garden







FREE LAWN & GARDEN GUIDE PLUS $100. IN MONEY SAVING OFFERS

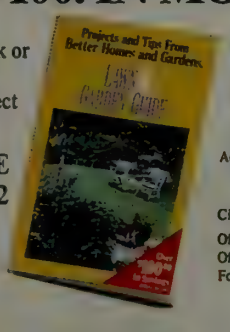
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Your total cost will be $2.49, shipping and handling included. Or, mail this coupon. You must be 18 years or older to call.

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FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP



POLE POWER

Walking poles provide whole-body workout

About three-fourths of American adults walk for exercise; most of those folks walk several times a week.

Nevertheless, if you balk at walking because you think it's not enough of a workout, especially for the upper body, try walking poles.

Lightweight walking poles in each hand allow you to use arms and legs with each stride. This is the same motion in cross-country skiing, one of the best forms of whole-body exercise.

Walking poles work arm, chest, back, and abdomen muscles. "This motion causes 2,000 stomach contractions per mile," says Rob Sweetgall, author of *Walking Off Weight* ($8.95, Creative Walking, Inc., Clayton, MO, 63105). "It's like doing 2,000 easy, painless sit-ups."

Studies with Exerstrider walking poles show poles increase calorie expenditure and metabolism in a workout while reducing strain on the feet, ankles, knees, and back.

Exerstriders ($54.95 with shipping) have shock-absorbing rubber tips and fitted hand grips. You cannot adjust the shaft, but poles are sized according to height (specify height when ordering); with the tip on the ground, your forearm should be parallel to the ground as you grip the handle.

To order, write: Exerstriders Products, Inc., P.O. Box 3313, Madison, WI 53507. Or, call 800/554-0989.

Power Poles ($69.96) have spring-loaded rubber tips and can be adjusted telescopically to your height. They can also be shortened to fit in a small case or used as hand weights. An optional pedometer ($19.95) attaches to the ski pole grip. To order, write: ExerScience, Dept. BHG, 104 Peavey Rd., Chaska, MN 55318. Or, call 800/445-2209, Ext. 2X3H2.

TAKE THE MONEY AND RUN

Study says exercisers respond to rewards

Half of those who begin exercising quit in six months. But a Michigan State University study says that dangling cash as the "carrot" puts an end to quitting.



In the study, one group of exercisers made $40 deposits they could earn back by exercising four times a week for six months. Another group did equal amounts of exercise but made no deposits.

Those with money on the line successfully completed the exercises 9[illegible] percent of the time. The group with no money to lose stayed with it just 1[illegible] percent of the time.

So, when starting to exercise, "make sure you have an incentive," says Jon Robison, Ph.D.

FIT SOCIETY

New fitness club provides straight talk on health

There's a lot of flimflam in the fitness world, and the nation's most respected fitness group is determined to fight back.

The American College of Sports Medicine has formed the ACSM Fit Society. The society will offer unbiased and research-based health and fitness information.

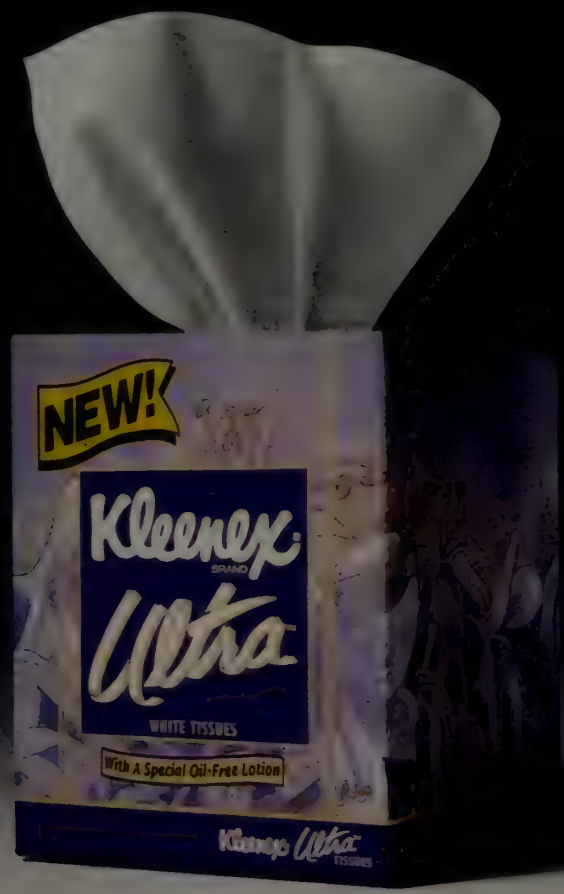
Yearly membership ($20) includes a discount on the *ACSM Fitness Book*, a health club selection guide, and a quarterly four-page newsletter ACSM writes about such topics as women and youth fitness, nutrition, injury prevention, training techniques, and consumer tips. For more information, write to: ACSM Fit Society, Dept. BHG, P.O. Box 1440, Indianapolis, IN 46206-1440.

—By free-lance writer Gary Legwold

Who Has The Best Tissue With Lotion? The Choice Is Clear.

Other tissues with lotion

Kleenex® Ultra™ with oil-free lotion

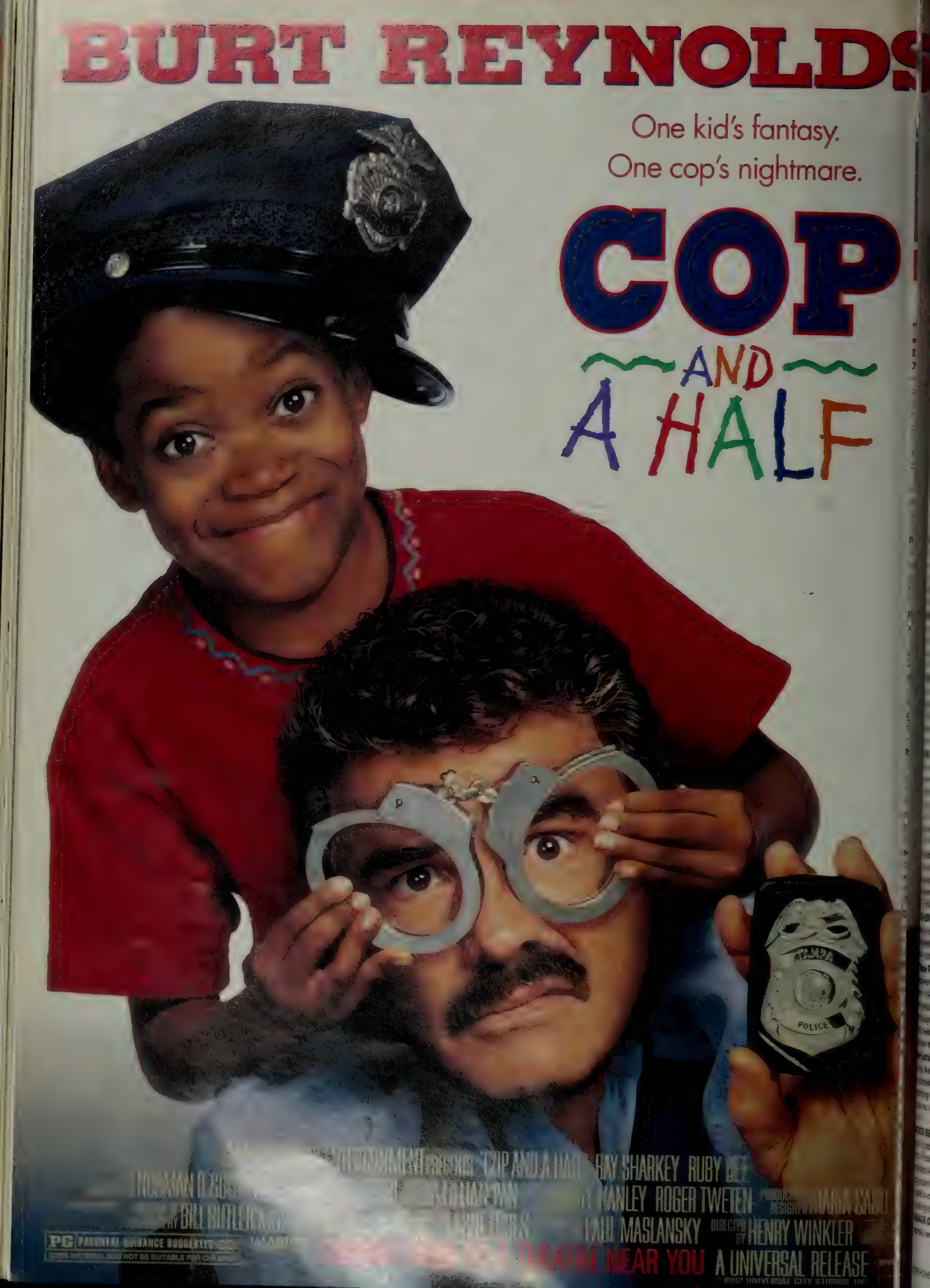


Introducing Kleenex® Ultra™ With Oil-Free Lotion.

New Kleenex® Ultra™ tissues are made with the softness of an oil-free lotion. Oil-free, so there's never an oily residue, only a feeling that's exceptionally soft.

Kleenex® Ultra™. Ultra Softness Is All You Feel.

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One kid's fantasy.
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A UNIVERSAL RELEASE

HOME AND FAMILY INFORMATION GUIDE

You can get useful ideas and product information by mail. Use the coupon in this section to order your choice of literature listed below.

BUILDING & REMODELING

ANDERSEN® WINDOW AND PATIO DOOR FACT-BOOK—offers ideas for creating distinctive Feature Windows and Patio Doors from Andersen's wide variety of standard shapes & sizes. Includes basic size charts, energy facts, tips for drawing and planning a project, choosing a contractor and more. It's a great resource for building or remodeling projects. ANDERSEN WINDOWS, INC. FREE. Circle No. 1.

The Moisture Master Soaker Hose—is entirely porous, and literally sweats from thousands of tiny pores. Use it above or below ground—water seeps slowly and evenly to the roots, where plants need it most. As a result it takes up to 70% less to do the job. Color brochure available featuring the entire product line. AQUAPORE MOISTURE SYSTEMS. FREE. Circle No. 2.

BEAM BUILT-IN VACUUMS are easily installed in new and older homes. A BEAM provides superior cleaning on any surface... from floor to ceiling. Complete systems as low as $450. Lifetime limited warranty. Send for complete product information. BEAM INDUSTRIES. FREE. Circle No. 3.

EMCO Forever® Storm Doors—Free full-color brochures available which give complete details on selection of colors and sizes. Describes all hardware and construction features. *EMCO Quality. First and Forever.* EMCO SPECIALTIES, INC. FREE. Circle No. 4.

FRIGIDAIRE—Frigidaire refrigerators are designed with your family in mind, and built with generations of legendary Frigidaire craftsmanship. It's what makes Frigidaire refrigerators different from all the rest! For FREE information and the names of the Frigidaire dealers nearest you. FRIGIDAIRE. FREE. Circle No. 5.

HURD WINDOW IDEA GUIDE—Full-color booklet shows complete line of Hurd wood and aluminum clad windows and patio doors. Idea Guide presents Hurd Windows' "total performance" story: Windows from R2 to R8; greatest protection available from fabric fading due to UV; the "quietest" windows you can buy, reduces outside noise to 1/20th original volume; and more! HURD MILLWORK COMPANY. FREE. Circle No. 6.

The KitchenAid Kitchen—Quality Appliances for the Total Kitchen are described in this 28-page color catalog featuring the full line of KitchenAid major appliances—refrigerators, cooktops, ovens, dishwashers and more. KITCHENAID. $1.00. Circle No. 7.

KOHLER—A complete set of full-color product catalogs covering baths and whirlpools, showers, lavatories, toilets and bidets, kitchen and bar sinks, faucets and accessories plus a color idea book. KOHLER CO. $8.00. Circle No. 8.

"Made To Order from Marvin"—illustrates how made-to-order wood windows and doors can enhance a home. Full-color, 24-page brochure helps you determine your needs for energy efficiency, maintenance and architectural design, then choose the products and options to suit those needs. Includes a section describing basic window and door styles. MARVIN WINDOWS. FREE. Circle No. 9.

Merillat's Kitchen Design and Planning Kit—Design like a professional, includes everything you need for complete kitchen planning: Easy-to-follow instructions, decorating ideas, layout tools, product and specification brochures, checklists, and more. MERILLAT. $6.00. Circle No. 10.

WOOD BEAUTIFUL™ From Minwax—Informative full color, 36 page magazine helps bring the beauty of wood home. Wood Beautiful™ features page after page of decorator ideas with illustrative photographs, step-by-step projects, expert tips and a wood finishing contest. Also includes a valuable offer for an instructional video and special savings offers. MINWAX. FREE. Circle No. 11.

GARAGE DOOR OPENER SYSTEMS—Brochure describes new Access Control System, which includes a full line of garage door openers, plus several accessories which enhance the safety, security, and convenience of automatic door operation. You can use the opener's remote control to turn on/off house lights and appliances. OVERHEAD DOOR CORPORATION. FREE. Circle No. 12.

PEACHTREE DOOR & WINDOW BROCHURE—Send for Peachtree's new, free, 24-page brochure. The full-color piece details full line of Peachtree insulated entry door systems, Ariel pre-finished custom and standard windows, and complete patio door line. Technical data included. All products are covered with Peachtree's exclusive Non-Stop Warranty. PEACHTREE DOORS & WINDOWS. FREE. Circle No. 13.

"Making Great Window Decisions"—This free, informative booklet from Pella Corporation, offers helpful tips and advice for anyone planning to build or remodel their home. PELLA CORPORATION. FREE. Circle No. 14.

PC GLASSBLOCK® PRODUCTS—"GlasScapes" 28 pages are packed with exciting ideas for adding light and beauty to every room. Whether your home is traditional or contemporary...you're building or remodeling—PC GlassBlock® products will provide style, privacy, energy efficiency. Includes complete product guide and installation information. PITTSBURGH CORNING. $2.50. Circle No. 15.

VELUX Roof Windows and Skylights—New 1992 full-color brochure features helpful information and design ideas for the complete line of VELUX Roof Windows, Skylights, Sunscreening Accessories and Controls. New 1992 products include the Round Top Accent Roof Window and hand-held Infrared Remote Controls for operating out-of-reach skylights, roof windows and venetian blinds. Pricing and dealer list also included. VELUX-AMERICA. FREE. Circle No. 16.

FURNISHINGS

DUETTE® by HUNTER DOUGLAS—We Cover the World's Most Beautiful Views showcases the revolutionary Duette window fashion with energy-saving honeycomb pleat, available in a variety of rich designer colors, textures and fabrics. DUETTE®. $2.00. Circle No. 17.

FULL-LINE OF EUREKA VACUUM CLEANERS—A 6-page, full-color brochure provides photographs and information about more than 40 models of Eureka vacuum cleaners. Eureka, an industry leader, offers top quality at affordable prices. Send now for this exciting and insightful brochure so that you can choose the Eureka model suited to your cleaning needs. EUREKA VACUUM CLEANERS. FREE. Circle No. 18.

CEILING FANS—A 32-page 4-color booklet describes what features to look for before buying a fan and illustrates **Hunter's** line of quiet ceiling fans. Common problems are exposed with Hunter solutions. There are 44 different fan styles and sizes with over 40 decorative fan light fixtures and glassware. HUNTER FAN COMPANY. $1.00. Circle No. 19.

LANE® RECLINERS—A free full color brochure featuring some of our best selling styles in both fabrics and leather. Also, included is warranty and manufacturing information. LANE®. FREE. Circle No. 20.

ONEIDA SILVERSMITHS—offers brochures with complete selections of sterling, stainless, stainless with selective gold electroplate, silverplated and gold electroplated flatware as well as crystal stemware. ONEIDA SILVERSMITHS. FREE. Circle No. 21.

"DREAMS COME TRUE WITH WAVERLY" IDEA BOOK—Lots of decorating tips for every room in the home. Full color photographs using Waverly Fabrics, Wallcoverings and Home Fashions products to help you create your personal decorating statement. WAVERLY. $2.00. Circle No. 22.

HEALTH

AMERICAN ASSOCIATION OF ORTHODONTISTS—For free information on orthodontics for adults and children, and a list of AAO-member orthodontists in your area. AMERICAN ASSOCIATION OF ORTHODONTISTS. FREE. Circle No. 23.

Help Stop Underage Drinking BEFORE It Starts—Contact Anheuser-Busch for your free set of the "Family Talk About Drinking" guidebooks, which help parents talk to children about alcohol issues. ANHEUSER-BUSCH COMPANIES, INC. FREE. Circle No. 24.

POOL EQUIPMENT

AQUA PRODUCTS—takes the work out of pool cleaning—automatically! The AQUABOT is a safe low voltage electronic robot that does not depend on your pool filter system. It scrubs and vacuums your pool bottom, walls and most steps while collecting all dirt (even algae) into its own cleanable filter bag. Saves chemicals, electricity and thousands of gallons of water annually. No installation, free brochure. AQUA PRODUCTS. FREE. Circle No. 25.

"THE POOL BOOK"—A brand new edition of the Bio-Guard Pool Book. A guide for pool owners on the care and maintenance of their pool—from opening to closing. With a section on trouble shooting, safety tips, and a glossary of pool terms. BIO-LAB INC. FREE. Circle No. 26.

Better Homes and Gardens®
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$ 1.00 for handling

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DINING OUT
Making smart menu choices



From a world of choices, pick the foreign foods best for you.

Eating out these days is as likely to mean a sizzling fajita as a juicy all-American burger. According to the National Restaurant Association, 30 percent of the entrées we order have ethnic origins.

Italian, Mexican, and Chinese foods head the list of favorites. At first glance, you may think these cuisines are nutritious because many dishes contain generous amounts of vegetables, breads, pasta, and rice. Look closer. Often, these same ethnic foods can be high in fat or sodium.

Fortunately, it's easy to read between the lines of restaurant menus to find the most healthful choices. The following points will help you order wisely. For specific menu suggestions, turn to *page 80.*

A MEXICAN FIESTA

- Tortillas, the foundation of Mexican cooking, are fairly nutritious on their own. It's how they're filled and cooked that makes the nutritional difference. Scan the menu to find non-fried offerings. For example, look for a burrito, the baked (and healthier) version of the deep-fried chimichanga.
- When you crave fried foods, ask that they be cooked in vegetable oil (which contains polyunsaturated fats) instead of lard, which has saturated fat.
- Go easy on the chips and salsa.
- Request that the amount of cheese (queso) in your entrée be halved, or that a lower-fat cheese be substituted. Cheesy, meatless dishes are often higher in fat than meat entrées.
- Avoid entrées that are swimming in creamy or cheesy sauces. Even if they're made with low-fat chicken or seafood, the sauce may negate any fat savings.
- Limit indulgences. If you have a high-fat favorite, order a small portion as part of a combination plate that offers predominantly healthful choices.
- Put together your own nutritious combination plate from à la carte or side-dish menu sections.
- Ask how the beans are cooked and seasoned. Beans provide fiber, but they may be high in fat (often lard) if fried, or high in sodium if too heavily seasoned. Simmered black or red beans or meatless chili may make a better choice.
- To include more vegetables in your meal, request extra lettuce and tomato on the side.
- Many Mexican-style desserts are either fried or based on cream and eggs, making them high in fat. So, when your sweet tooth begs for dessert, order one dessert and several forks so you can share.

VIVA LA ITALIAN

- Consider ordering an appetizer portion of pasta or risotto for your main course. Pasta on its own (without a rich sauce) is a healthful feast, especially when it's made from whole wheat, spinach, or other vegetables and grains.
- Order by color. Red sauces (tomato, marinara, red clam) are usually low in fat, particularly when they're made with chicken, seafood, or vegetables. White sauces tend to be higher in fat because they're often based on butter, cream, or cheese.
- What's inside stuffed pasta is as important as what's on it. Opt for tortellini, manicotti, and ravioli that are stuffed with vegetables, herbs, seafood, poultry, or lean meats.
- Keep cheese to a minimum and ask about low-fat options. Parmesan, Romano, provolone, part-skim ricotta, and mozzarella all contain less fat than other cheeses.
- Seek chicken, veal, or pork that is grilled or sautéed in little fat. Avoid meats that are coated in breading and fried.

THE CHINESE PLATTER

- Consider ordering fewer entrées than the number of people in your party. Because Chinese-style serving often means passing generous platters of food around the table, you may have plenty of food with fewer dishes.

continued on page 80

BY JULIA MALLOY

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GOOD FOOD/GOOD HEALTH

continued from page 78

- Remember—variety is the spice of life. Eating a variety of foods is important to good health. Suggest that your dining partners order entrées from different categories: beef, pork, lamb, shrimp, fish, chicken, and egg. Include one or two meatless dishes in your selection. Then pass the dishes around the table.
- Read the descriptions for cooking methods. Steamed, broiled, or grilled entrées will have less fat than their fried counterparts. Even stir-fried dishes may contain more fat than you think, if the chef is generous with the cooking oil. Watch for entrées, such as sweet 'n' sour chicken or twice-cooked pork, that contain breaded, deep-fried meat. If the menu doesn't give an explanation, ask your waiter.
- Seek dishes with lots of vegetables and carbohydrates, such as chow mein, chop suey, steamed rice, or unfried noodles. Ask if the chef can use more vegetables and less meat.
- To control the amount of sodium in a dish, request that the chef reduce or eliminate any monosodium glutamate (MSG), soy sauce, or salt used in cooking.

YOU CALL THE SHOTS

When you're dining out at any restaurant, ethnic or otherwise, you're the customer. Make your requests known. More and more restaurants are willing to accommodate your needs.

- **When you make your reservation, ask whether special requests will be honored.**
- **Request nutritional information with your menu. Many restaurants are marking healthful choices or making the information available.**
- **Drink water and see that your glass is refilled often. Water is a better thirst quencher than caffeinated or alcoholic beverages. It'll also make you feel full sooner.**
- **Stop eating when you're full, even if there's [illegible] your waiter to [illegible] overs so that yo[illegible] home. At home, [illegible] leftovers immediately, [illegible] them at another meal.**

LOW-FAT, HIGH-FAT MENUS

Next time you visit an ethnic restaurant, take along this guide and look for foods under the leaner choice column.

LEANER CHOICES	HIGHER-FAT CHOICES
Appetizers	
Warm tortillas or baked chips	Fried tortilla chips
Spicy grilled chicken wings	Nachos
Tossed green salad	Avocado-olive salad
Baked or marinated mushrooms	Fried vegetables
Minestrone	Creamy soup
Tomato-lettuce salad with croutons and oil-and-vinegar salad dressing (use more vinegar)	Salad with olives, cheese, or sausage with creamy Italian or garlic salad dressing
Steamed dumplings	Potstickers
Grilled skewered meats	Crab rangoon
Vegetable sushi	Egg rolls
Wonton soup	Shrimp toast
Entrées	
Beef or chicken fajita	Cheese enchilada
Bean or chicken burrito	Beef chimichanga
Taco salad (baked shell)	Taco salad (fried shell)
Linguine with red clam sauce	Fettuccine Alfredo
Chicken marsala	Chicken parmigiana
Vegetable lasagna (red sauce)	Seafood lasagna (cream sauce)
Shrimp primavera	Shrimp scampi
Spaghetti with meatballs	Spaghetti with Italian sausage
Thick, whole-grain crust pizza with vegetables, tomato sauce, and less cheese	Pizza with extra cheese and salty or high-fat toppings, such as pepperoni or olives
Moo goo gai pan (chicken)	Sweet-and-sour chicken
Moo shu pork	Twice-cooked pork
Ginger shrimp	Shrimp tempura
Scallops with pea pods	Hunan fish (deep-fried)
Pepper steak	Beef and cashews
Stir-fried tofu and vegetables	Egg foo yung
Accompaniments	
Hot cooked rice	Spanish rice
Simmered black or pinto beans	Refried beans (in lard)
Low-fat sour cream or yogurt	Sour cream
Salsa	Guacamole
Pasta with red sauce	Pasta in butter or cream sauce
Gnocchi (dumplings)	Fried polenta
Fresh Italian bread	Buttery garlic bread
Steamed rice or noodles	Fried rice or noodles
Desserts	
Fresh fruit	Sopaipillas
Nonalcoholic frozen fruit drink	Fried ice cream
Italian ice	Tiramisu or zuppa inglese
Biscotti	Cannoli or zabaglione
Fortune cookies	Almond cookies

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BY PATRICIA HITTNER

MENOPAUSE
What every woman needs to know


ED TAYLOR

Your mother may have discreetly called it "the change." Well, *times* have changed. Most women no longer feel the need to use coy euphemisms or suffer in silent solitude. And why should they:

- 43 million Americans have experienced menopause (a woman's last menstrual period) or soon will
- Dozens of newsletters and uncounted support groups counsel women in the 40–55-year-old age group
- Baby boomers have taken control of their medical care like no generation before.

"We're dealing with a totally different population than in the past," notes Wulf Utian, M.D., director of Ob/Gyn at University Hospitals of Cleveland and founder of the North American Menopause Society.

"These women were the first generation to manage their pregnancies," explains Dr. Utian. "They want to be in control rather than being out of control. They don't want to be instructed and patronized."

Questions, questions. In general, physicians welcome this era of medical sophistication as it relates to menopause. "It's very new, and I think it's good. It makes my job 100 percent easier when I'm treating an informed consumer," says Lila Nachtigall, M.D., director of the Women's Wellness Center at New York University Medical Center.

However, doctors caution that health tips traded between friends and relatives aren't always correct. And sometimes, sound advice gets distorted in the transfer process. "It's kind of like the telephone game," says Michael Kettel, M.D., a reproductive endocrinologist at the University of California San Diego Medical Center.

Estrogen questions. If women are confused about menopause, there's good reason. Hot debates rage over treatments for the symptoms and effects of menopause—and many women find themselves caught in a confused middle. Most doctors promote estrogen replacement therapy, which quells many menopause symptoms and seems to

continued on page 84

THE ESTROGEN/CANCER LINK

Estrogen replacement gained immense popularity in the 1960s. The fallout came a decade later when the practice was blamed for an alarming increase in uterine cancer.

Currently, estrogen is enjoying a revival since it helps protect against osteoporosis and may guard against heart attacks. Today's low doses are considered safer than past treatments, and studies strongly suggest that the addition of progestin helps solve the problem of uterine cancer.

But, lately, questions have surfaced about estrogen and breast cancer. Many studies find no link. Other reports are cause for concern. Female nurses at Brigham and Women's Hospital in Boston had a 30 percent rise in breast cancer while taking estrogen. However, their risk reverted to normal after stopping hormone replacement.

Lila Nachtigall, M.D., a leading estrogen researcher, sees no reason to panic. Estrogen doesn't cause cancer, she says, but it can make existing tumors grow faster. She points to one study that showed no increase in breast cancer rates among long-term estrogen users after a 22-year follow-up. "It's a very hopeful sign," she adds.

Michael Kettel, M.D., a San Diego reproductive endocrinologist, counters that estrogen therapy slightly raises the lifetime odds of breast cancer. However, he notes, this should be weighed against osteoporosis and fatal heart attacks, which kill 244,000 women each year. "Right now," he adds, "estrogen's risks are small compared to its benefits."

Your doctor may well recommend estrogen unless you have a history of uterine or breast cancer. Fibroids, endometriosis and certain other conditions may also preclude hormones. Ultimately, it's your decision to make after weighing all the evidence.

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If this is the first time you have had vaginal itch and discomfort, consult your doctor. If you have had a doctor diagnose a vaginal yeast infection before, use as directed.

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MENOPAUSE

continued from page 82

protect against heart disease and thinning of bones. Other doctors swear by vitamins, tranquilizers, and other hormones. Even within the estrogen camp, there is a range of opinions over how long therapy should continue. Hovering above it all, there is the question of estrogen's role in cancer (see The Estrogen/Cancer Link, *page 82*).

Most experts view estrogen as the best treatment for the majority of women who need relief or protection from disease. In each of the sections below, we'll offer the current thinking on the use of estrogen, along with information about other treatment options.

Sorting out the facts. Menopause isn't the end of the line in any sense. It no longer has to mean the end of childbearing years (see *page 86*). But that doesn't mean that every woman can breeze through menopause with nary a care.

Uncomfortable symptoms and discomforting changes abound as your body adjusts to menopause's lower levels of estrogen. But there are many ways to ease the process. According to doctors, this natural body process can be turned into one of the best times of a woman's life. Here's how to separate fact from fiction, based on sound medical advice from leading experts.

Hot flashes. These unpleasant flushes arise as your ovaries decrease their output of estrogen. For unknown reasons, the drop in hormone level causes blood vessels in the skin to open unpredictably. This reaction allows more blood flow to the skin and causes a warming sensation.

It's possible to get flashes even before your periods end, during the so-called transitional phase of "perimenopause."

However, don't resign yourself to spending menopause in front of a fan. About 30 percent of women never get hot flashes. Others find them only a minor nuisance. But for an unlucky minority, these upper body heat waves may strike 50 times a day, often worsening at night.

Hot flashes are harmless and usually go away on their own, eventually. Meanwhile, it helps to dress in layers and sleep in a cool room. Dr. Nachtigall also recommends 400 to 1,200 mg of vitamin E before bedtime, starting with the lowest dose and increasing if necessary. Some doctors believe that vitamin E stabilizes estrogen levels, though not all experts agree that it works. There is no question, however, that estrogen almost always eliminates hot flashes.

Osteoporosis. Contrary to popular belief, this dangerous bone-thinning condition is not just a problem of old age. The seeds are sown right after menopause, when you lose bone mass because your estrogen supply has dwindled. Estrogen works in several ways to keep bones healthy.

Osteoporosis is the major culprit behind broken hips in elderly women, often causing permanent loss of independence and sometimes death. It's estimated that one-third of women over 60 have significant bone loss. Your risk rises if you:

- are thin and fair-skinned
- are a heavy smoker or drinker
- have experienced early menopause
- have a family history of osteoporosis.

Do everything you can to prevent osteoporosis, says Dr. Nachtigall. Unless you have kidney stones, she recommends consuming at least 1,000 mg of calcium a day, and 1,500 mg if you're not taking hormones. Estrogen replacement is your best bet against osteoporosis.

> The good news is that estrogen replacement may cut your chances of heart disease in half, say studies.

Heart disease. Men are not the only ones who must worry about "the big one." Heart attacks kill 244,000 women in the United States each year. But, until menopause, a woman's estrogen production dramatically reduces her risk of heart disease. After menopause, as estrogen production wanes, her risk gradually rises. Ten years after menopause, a woman's risk of developing heart disease is nearly equal to a man's risk.

The good news (again) is estrogen replacement, which may cut your chances of heart disease in half, according to a study at Boston's Brigham and Women's Hospital. Dr. Kettel agrees these findings look promising, but like other women's health experts, he adds a note of caution. "The jury is still out, especially on combination therapy," he says.

continued on page 86

MENOPAUSE CLINICS: HELP OR HYPE?

The number of postmenopausal women in the United States will top 50 million by the year 2000. Consequently, many gynecologists have opened "menopause clinics." Shop around carefully before attending one.

"A lot of places call themselves menopause clinics, but they are simply medical practices that tend to prescribe estrogen," says Wulf Utian, M.D., founder of the North American Menopause Society.

Estrogen should be given with a clear medical reason, and only if the risk/benefit ratio falls in your favor, says Dr. Utian. Some women, he believes, have natural compensatory mechanisms that ensure adequate hormone supplies even after menopause.

A true menopause clinic is interested in your total well-being, say experts in the field. Patients are screened for breast and ovarian cancer as well as heart disease and osteoporosis. Fitness planning should also be available, since the overall goal is to keep you healthy.

Usually, your regular gynecologist can guide you through menopause, says Dr. Utian. If you need more specialized care, choose a menopause clinic or a reproductive endocrinologist affiliated with a university hospital, or ask a physician you trust for a referral.

"I think we've always got to keep an eye on claims, gadgets, services, and medications," says Dr. Utian. "There are a lot of people out there who'd like to benefit from this large potential market."



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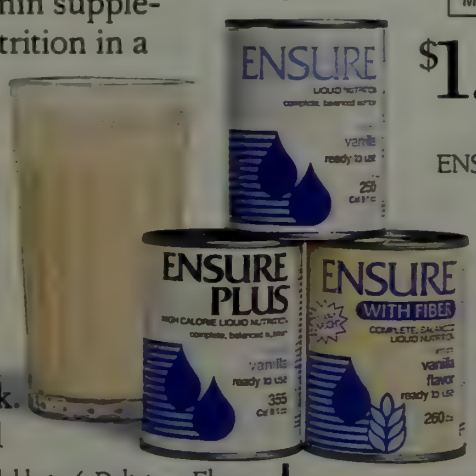
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MENOPAUSE

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Combination therapy means teaming estrogen supplements with progestin, a synthetic version of the hormone progesterone. Doctors worry that the combination diminishes estrogen's protection against heart disease. On the other hand, the second hormone seems to offset the heightened risk of uterine cancer posed by using estrogen alone.

Whether or not you take estrogen, strive to eliminate other causes of heart disease. These include smoking, obesity, and a diet high in saturated fats.

Insomnia. You can believe the stories you hear about menopause and sleep loss. In fact, estrogen deficiency can cause a specific type of insomnia characterized by difficulty falling asleep, says Dr. Nachtigall. Eventually your body adjusts to its new hormonal pattern, but for those women affected, it's difficult to function in the meantime.

A glass of warm milk often works as a natural sleeping pill. Or, it may help to exercise a few hours before bedtime. If your insomnia is due to low estrogen, hormone replacement should restore your sleeping pattern.

Sexual problems. Satisfying sexual activity doesn't need to stop following menopause. But for some women, that's the case. Experts debate whether the effect is related to hormonal changes or is a psychological reaction.

Dr. Nachtigall says women with too little testosterone, a "male" hormone produced by the ovaries, may indeed have a physical basis for loss of libido. Some doctors prescribe supplemental testosterone, although other clinicians dispute its benefits.

Lack of estrogen can cause vaginal dryness and irritation. Painful intercourse often results. Sometimes this happens right after menopause and, occasionally, even before. Many women won't notice vaginal changes until much later. It's true that frequent intercourse helps maintain the functioning of your sex organs.

Dr. Nachtigall suggests personal lubricants or a moisturizing gel called Replens, a good alternative if you don't take hormones. Vitamin E oil applied to your vagina may relieve itching. Estrogen should reverse dryness within two weeks of starting the drug.

Above all, adds Dr. Nachtigall, don't be afraid to discuss sexual difficulties with your gynecologist.

Although birth control is no longer a concern, says Dr. Utian, you're still at risk for AIDS and other sexually transmitted diseases. Use latex condoms if you're not in a long-term monogamous relationship. Do not pair condoms with petroleum-based lubricants such as Vaseline, which destroy latex.

Depression. Don't assume you'll automatically feel blue once you hit menopause, says Dr. Utian. There is no reliable evidence showing that depression is an automatic response to menopause. Many women notice no emotional changes when their periods stop. Other women, however, battle considerable depression and mood swings.

Low estrogen can trigger slight depression, which usually goes away with time or hormone replacement, says Dr. Utian. More severe depression, he adds, probably has a different cause and isn't helped by estrogen.

Dr. Utian blames a lot of depression on our youth-oriented society rather than hormonal fluctuations. He says women weather menopause much better in cultures where aging is respected. Although they still develop hot flashes, they generally don't suffer depression.

Some researchers note that many women are facing life stresses just as menopause arrives. These stresses—divorce, children leaving home, and the aging of parents—may have more to do with midlife depression than changes brought on by menopause.

Pregnancy. Predicting your last period leaves lots of room for error. First, your menstrual cycle often becomes erratic as you approach menopause. Your periods may disappear for months or become more frequent. Bleeding may be scant one month and extremely heavy the next. (Although unexplained bleeding is common around menopause, it always warrants a trip to the doctor to rule out potentially serious disorders.)

Even when menopause is near, there's a slim but real possibility of pregnancy. If you wish to avoid midlife motherhood, use birth control until you have had no periods for at least one year. To make doubly sure, ask your doctor for a blood test to measure your level of follicle-stimulating hormone (FSH). This test can confirm menopause.

Hysterectomy. Many women mistakenly assume they've gone through menopause because they've had a hysterectomy. Removing the uterus ends monthly bleeding, but it doesn't necessarily cause menopause unless your ovaries are removed too, which results in instant menopause. If you still have functioning ovaries, they'll continue releasing hormones on a regular monthly cycle.

Since hysterectomy makes it diffi-

continued on page 88

Chances are, you'll hit menopause around the same age your mother did.

MENOPAUSE AND MOTHERHOOD

Menopause used to spell the end of your reproductive life. With donor eggs, however, it's never too late to become pregnant.

Eggs "harvested" from a donor unite in a petri dish with sperm from an infertile woman's husband. Usually, several embryos are transferred into the infertile woman's uterus. Her chances of giving birth are about 30 to 40 percent for each attempt.

This controversial procedure has helped hundreds of women who can't produce healthy eggs become mothers, and a growing number of women over 50 have delivered ba- Some doctors, however, wor- about pregnancy complications from advanced age.

Today, the biggest hurdle to mid- pregnancy is finding enough to go around, according M.D., a San Die- . "We're see- simple re-

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Dermatologists conducted 8-month nical tests. Nineteen percent of women ng ROGAINE reported at least moderate r regrowth, compared with 7% of those o used a placebo (a similar solution hout minoxidil—the active ingredient ROGAINE).

By physician evaluation, almost two of ry three women using ROGAINE had ne hair regrowth: 13% had moderate rowth and 50% had minimal regrowth. e rest (37%) had no regrowth. Thirty-nine percent of the women in the placebo group were also evaluated to have regrown hair.

However, when actual numbers of newly regrown hairs in the 1-cm² area of the test were counted after 8 months of treatment, the group on ROGAINE *averaged more than twice as much regrowth (23 more hairs) as the placebo group (11 more hairs).*

Adequate and well-controlled studies have not been conducted in pregnant women treated with ROGAINE; therefore, ROGAINE should not be administered to pregnant or nursing women. Efficacy in postmenopausal women has not been studied.

Side effects were minimal: 7% of those who used ROGAINE had itching of the scal ROGAINE should only be applied to a normal, healthy scalp (not sunburned or irritated).

Make a 4 to 6 month commitment to see results:

Studies indicate that *at least 4 months of twice-daily treatment* with ROGAINE are usually necessary before there is evidence of regrowth.

ROGAINE is a treatment, not a cure. So further progress is possible only by using i continuously. Some anecdotal reports indicate that if you stop using ROGAINE, you will probably shed the newly regrown hair within a few months.

Here's what you should do:

Individual results vary widely. So discuss your hair loss with your doctor to understand what you can realistically expect. Only a doctor can prescribe ROGAINE. So see a *dermatologist or another doctor experienced in treating hair loss* today. Why just accept what nature has handed you when you can fight back?

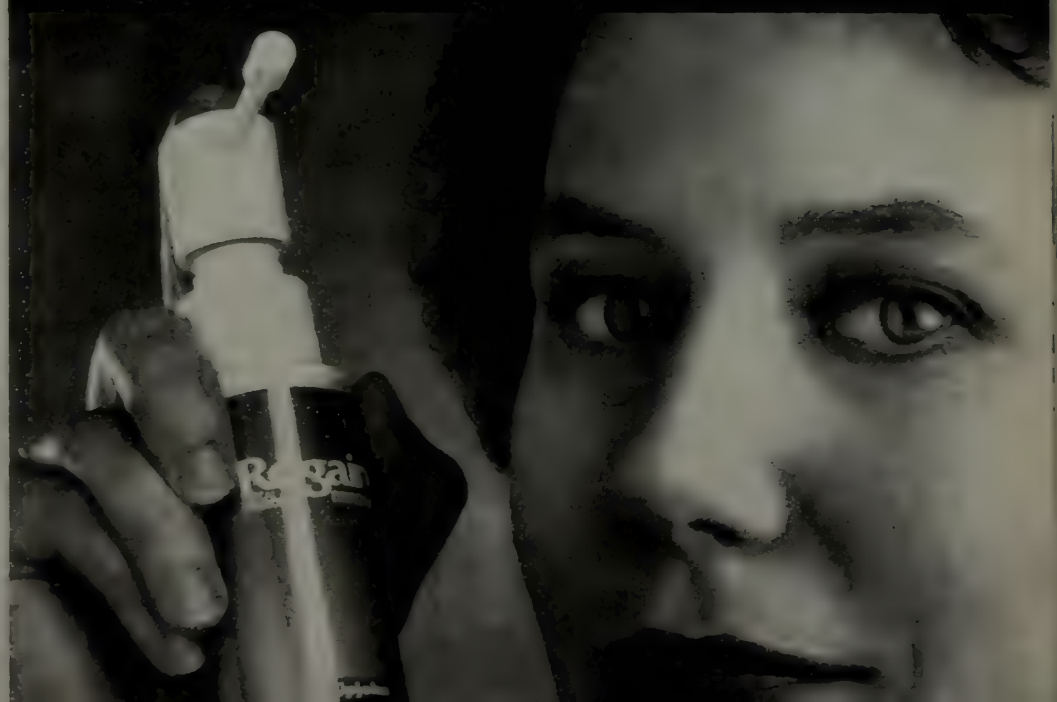
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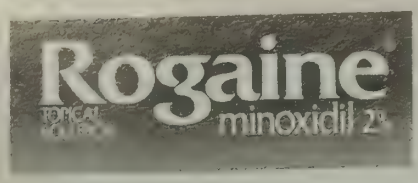
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How effective is ROGAINE?
In men: Clinical studies with ROGAINE of over 2,300 men with male pattern baldness involving the top (vertex) of the head were conducted by physicians in 27 US medical centers. Based on patient evaluations of regrowth at the end of 4 months, 26% of the patients using ROGAINE had moderate to dense hair regrowth compared with 11% who used a placebo treatment (no active ingredient). No regrowth was reported by 41% of those using ROGAINE and 60% of those using a placebo. By the end of 1 year, 48% of those who continued to use ROGAINE rated their hair growth as moderate or better.

In women: Clinical studies with ROGAINE were conducted by physicians in 11 US medical centers involving 256 women with hair loss. Based on patient evaluations of regrowth after 32 weeks (8 months), 19% of the women using ROGAINE had at least moderate regrowth compared with 7% of those using a placebo. No regrowth was reported by 41% of the group using ROGAINE and 60% of the group using placebo.

How soon can I expect results from using ROGAINE?
Studies show that the response time to ROGAINE may differ greatly from one person to another. Some people using ROGAINE may see results faster than others; others may respond with a slower rate of hair regrowth. You should not expect visible regrowth in less than 4 months.

How long do I need to use ROGAINE?
ROGAINE is a hair-loss treatment, not a cure. If you have new hair growth, you will need to continue using ROGAINE to keep or increase hair regrowth. If you do not begin to show new hair growth with ROGAINE after a reasonable period of time (at least 4 months), your doctor may advise you to discontinue using ROGAINE.

What happens if I stop using ROGAINE? Will I keep the new hair?
Probably not. People have reported that new hair growth was shed after they stopped using ROGAINE.

How much ROGAINE should I use?
You should apply a 1-mL dose of ROGAINE twice a day to your clean dry scalp, once in the morning and once at night before bedtime. Wash your hands after use if your fingers are used to apply ROGAINE. ROGAINE must remain on the scalp for at least 4 hours to ensure penetration into the scalp. Do not wash your hair for at least 4 hours after applying it. If you wash your hair before applying ROGAINE, be sure your scalp and hair are dry when you apply it. *Please refer to the Instructions for Use* in the package.

What if I miss a dose or forget to use ROGAINE?
Do not try to make up for missed applications of ROGAINE. You should restart your twice-daily doses and return to your usual schedule.

What are the most common side effects reported in clinical studies with ROGAINE?
Itching and other skin irritations of the treated scalp area were the most common side effects directly linked to ROGAINE in clinical studies. About 7 of every 100 people who used ROGAINE (7%) had these complaints.

Other side effects, including light-headedness, dizziness, and headaches, were reported both by people using ROGAINE and by those using the placebo solution with no minoxidil. You should ask your doctor to discuss side effects of ROGAINE with you.

People who are extra sensitive or allergic to minoxidil, propylene glycol, or ethanol should not use ROGAINE.

ROGAINE Topical Solution contains alcohol, which could cause burning or irritation of the eyes or sensitive skin areas. If ROGAINE accidentally gets into these areas, rinse the area with large amounts of cool tap water. Contact your doctor if the irritation does not go away. If the spray applicator is used, avoid inhaling the spray.

What are some of the side effects people have reported?
ROGAINE was used by 3,857 patients (347 females) in placebo-controlled clinical trials. Except for dermatologic events (involving the skin), no individual reaction or reactions grouped by body systems appeared to be more common in the minoxidil-treated patients than in placebo-treated patients.

Dermatologic: irritant or allergic contact dermatitis—7.36%; **Respiratory:** bronchitis, upper respiratory infection, sinusitis—7.16%; **Gastrointestinal:** diarrhea, nausea, vomiting—4.33%; **Neurologic:** headache, dizziness, faintness, light-headedness—3.42%; **Musculoskeletal:** fractures, back pain, tendinitis—2.59%; **Cardiovascular:** edema, chest pain, blood pressure increases/decreases, palpitations, pulse rate increases/decreases—1.53%; **Allergic:** nonspecific allergic reactions, hives, allergic rhinitis, facial swelling, and sensitivity—1.27%; **Metabolic-Nutritional:** edema, weight gain—1.24%; **Special Senses:** conjunctivitis, ear infections, vertigo—1.17%; **Genital Tract:** prostatitis, epididymitis, vaginitis, vulvitis, vaginal discharge/itching—0.91%; **Urinary Tract:** urinary tract infections, renal calculi, urethritis—0.93%; **Endocrine:** 0.47%; **Psychiatric:** anxiety, depression, fatigue—0.36%; **Hematologic:** lymphadenopathy, thrombocytopenia—0.31%.

ROGAINE use has been monitored for up to 5 years, and there has been no change in incidence or severity of reported adverse reactions. Additional adverse events have been reported since marketing ROGAINE and include eczema; hypertrichosis (excessive hair growth); local erythema (redness); pruritus (itching); dry skin/scalp flaking; sexual dysfunction; visual disturbances, including decreased visual acuity (clarity); increase in hair loss; and alopecia (hair loss).

What are the possible side effects that could affect the heart and circulation when using ROGAINE?
Serious side effects have not been linked to ROGAINE in clinical studies. However, it is possible that they could occur if more than the recommended dose of ROGAINE was applied, because the active ingredient in ROGAINE is the same as that in minoxidil tablets. These effects appear to be dose related; that is, more effects are seen with higher doses.

Because very small amounts of minoxidil reach the blood when the recommended dose of ROGAINE is applied to the scalp, you should know about certain effects that may occur when the tablet form of minoxidil is used to treat high blood pressure. Minoxidil tablets lower blood pressure by relaxing the arteries, an effect called vasodilation. Vasodilation leads to fluid retention and faster heart rate. The following effects have occurred in some patients taking minoxidil tablets for high blood pressure:

Increased heart rate: some patients have reported that their resting heart rate increased by more than 20 beats per minute.
Salt and water retention: weight gain of more than 5 pounds in a short period of time or swelling of the face, hands, ankles, or stomach area.
Problems breathing: especially when lying down; a result of a buildup of body fluids or fluid around the heart.
Worsening or new attack of angina pectoris: brief, sudden chest pain.

When you apply ROGAINE to normal skin, very little minoxidil is absorbed. You probably will not have the possible effects caused by minoxidil tablets when you use ROGAINE. If, however, you experience any of the possible side effects listed above, stop using ROGAINE and consult your doctor. Any such effects would be most likely if ROGAINE was used on damaged or inflamed skin or in greater than recommended amounts.

In animal studies, minoxidil, in much larger amounts than would be absorbed from topical use (on skin) in people, has caused important heart-structure damage. This kind of damage has not been seen in humans given minoxidil tablets for high blood pressure at effective doses.

What factors may increase the risk of serious side effects with ROGAINE?
People with a known or suspected heart condition or a tendency for heart failure would be at particular risk if increased heart rate or fluid retention were to occur. People with these kinds of heart problems should discuss the possible risks of treatment with their doctor if they choose to use ROGAINE.

ROGAINE should be used only on the balding scalp. Using ROGAINE on other parts of the body may increase minoxidil absorption, which may increase the chances of having side effects. You should not use ROGAINE if your scalp is irritated or sunburned, and you should not use it if you are using other skin treatments on your scalp.

Can people with high blood pressure use ROGAINE?
Most people with high blood pressure, including those taking high blood pressure medicine, can use ROGAINE but should be monitored closely by their doctor. Patients taking a blood pressure medicine called guanethidine should not use ROGAINE.

Should any precautions be followed?
People who use ROGAINE should see their doctor 1 month after starting ROGAINE and at least every 6 months thereafter. Stop using ROGAINE if any of the following occur: salt and water retention, problems breathing, faster heart rate, or chest pains.

Do not use ROGAINE if you are using other drugs applied to the scalp such as corticosteroids, retinoids, petrolatum, or agents that might increase absorption through the skin. ROGAINE is for use on the scalp only. Each 1 mL of solution contains 20 mg minoxidil, and accidental ingestion could cause unwanted effects.

Are there special precautions for women?
Pregnant women and nursing mothers should not use ROGAINE. Also, its effects on women during labor and delivery are not known. Efficacy in postmenopausal women has not been studied. Studies show the use of ROGAINE will not affect menstrual cycle length, amount of flow, or duration of the menstrual period. Discontinue using ROGAINE and consult your doctor as soon as possible if your menstrual period does not occur at the expected time.

Can ROGAINE be used by children?
No, the safety and effectiveness of ROGAINE has not been tested in people under age 18.

Caution: Federal law prohibits dispensing without a prescription. You must see a doctor to receive a prescription.

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MENOPAUSE

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cult to diagnose menopause, Dr. Utian recommends testing your FSH level. When it rises above a certain point, menopause has occurred. This is helpful to know, so you can decide if estrogen replacement is right for you.

Premature menopause. Chances are, you'll hit menopause around the same age your mother did. Most women have their final period between the ages of 45 and 55; the average age is 52. However, about 8 percent lose ovarian function before their fortieth birthday.

Certain women are genetically programmed for early menopause. Others may develop a disorder in which the immune system slowly destroys the ovaries. Chemotherapy and radiation can also cause ovarian failure. A little-known fact is that smokers, on the average, stop menstruating years earlier than nonsmokers.

Early menopause means you'll live more years without estrogen. Therefore, unless you take hormones, you're at higher risk for heart disease and osteoporosis. Both of these disorders take years to develop.

Younger looking skin? Estrogen is not the proverbial fountain of youth, but it does help keep your skin moistened and supple. However, genetics and lifestyle play a role too. Both smoking and sun damage can add years to your face.

Warding off wrinkles isn't the best reason to take hormones, but many women factor it into the equation, says Dr. Kettel. "If a patient uses this as a springboard for taking estrogen, that's all right with me," he says. "But I'm more concerned about her bones and heart."

Changes for the better. Although often a period of uncertainty, menopause can also be a time of renewal. To a large degree, your attitude and outlook influence your success in negotiating the changes involved in this natural process.

"Menopausal women are essentially young, since they're only at the halfway point of their lives," Dr. Utian reminds patients. "I want women to get the message that this can be the greatest phase of their lives."

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BY NICK GALLO

FOODS AND MOODS

New research sheds light on some intriguing questions



Can a tuna fish sandwich make you alert? Can a glass of warm milk relax you before bedtime? Does sugar drive children out of control?

Years ago, nutrition experts had to make educated guesses on many questions like these. Studies on the behavioral effects of food were sketchy. Now, a cadre of researchers is putting many popular notions to the test.

Yes, but . . . The results show that food *can* influence the way you feel and act. But the effects often are subtle or limited to small groups of people. In fact, many faddish stories of the past decade now appear to have been grossly exaggerated, full of misinformation and distortion.

Confused? That's understandable. Here's what scientists are saying about some widespread beliefs about the effects of foods on our moods.

"Does sugar rev up kids?" No. Sugar routinely is blamed for children's behavior problems. Yet more than a dozen studies on both normal and attention-deficit-disorder children have failed to find a link.

In double-blind studies involving neutral observers and kids who supposedly are sensitive to sugar, few changes in activity or behavior disturbances have been seen. "We have lots of data now, and it doesn't support any link," says Robin Kanarek, Ph.D., a Tufts University researcher and coauthor of *Nutrition and Behavior: New Perspectives* (Van Nostrand Reinhold, 1991).

Many parents are convinced otherwise, having observed their children bounce off walls when they eat sugar.

Kanarek counters with alternative explanations:

- Many kids are naturally energetic, and eat lots of sugary desserts without a cause-and-effect connection.
- Kids often eat the most sweets on special occasions. "On Halloween and at birthday parties, kids are given freedoms they don't normally have," she points out. "They react to the excitement of the situation."
- Parents' expectations shape a child's behavior. If kids hear their parents say that youngsters get wired after eating lots of cookies, they probably will, she says.

A few children may indeed have an uncommon sensitivity to sugar, but, if that's the case, the percentage of kids affected is tiny, Kanarek concludes.

"Can junk food breed violence?" No. A decade ago, news surfaced that sugar, food additives, and junk food could contribute to violent behavior. They stemmed from reports at several corrections facilities that inmates placed on anticrime diets had become less aggressive. Dan White, a former San Francisco police officer, unsuccessfully used the "Twinkie defense" to claim his junk-food diet contributed to his state of mind when he murdered the city's mayor and a city supervisor.

Since then, the diet/aggression hypothesis has lost steam. "Researchers went back and took a hard look at it and saw that the original studies were very poorly done," says Kanarek. "In some cases, they didn't even measure what the prisoners were eating. The evidence is lacking."

"Why do carbohydrates make me mellow?" Carbohydrates (basically sugars and starches) seem to have a calming effect. Psychologist Bonnie Spring, now at the University of Health Sciences/Chicago Medical School, gave a group of adults a high-carbohydrate meal of sugary lunch bars, pita bread, or a nondairy fruit sherbet. Within a short period, the volunteers grew tired, sleepy, and suffered lapses in concentration.

Studies at Massachusetts Institute of Technology (M.I.T.) in Cambridge suggest that nutrients can influence the manufacture of neurotransmitters, the brain's chemical messengers. Carbohydrates are believed to stimulate the body to make insulin, which allows the amino acid tryptophan to enter the brain in greater amounts. The brain con-

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FOODS AND MOODS

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verts tryptophan into a neurotransmitter called serotonin, associated with soothing, relaxing effects.

"Will tuna wake me up?" It just might. Protein-rich meals produce tyrosine, a primary ingredient in the making of dopamine and norepinephrine, two energizing neurotransmitters. In tests, tyrosine has shown antistress effects, boosting alertness, focus, and vigilance.

Judith Wurtman, one of the nutrition researchers at M.I.T., believes that high-protein breakfasts and lunches generate alertness. Foods such as fish, veal, and skinless chicken are good choices to fuel brainpower, she says.

The research is controversial: Even if confirmed by more studies, the laboratory findings may not extend to everyday eating patterns, say nutrition experts. (However, few nutrition experts disagree with Wurtman's advice to avoid high-fat meals, which slow digestion and cause lethargy.)

"Designer foods—an upper in the morning, a downer in the evening—is a nice idea, but people are more complex than that," says C. Wayne Callaway, M.D., associate clinical professor of medicine at George Washington University. Age, sex, and the medicines you are taking are just a few of the factors that also affect the chemical reactions of the brain.

"Are 'comfort foods' for real?" Many of us have strong associations with certain foods. Those associations, more than biology or chemistry, may explain our response to those foods, says Bonnie Worthington-Roberts, professor of nutritional sciences at the University of Washington.

Eating popcorn or chocolate-chip cookies may offer comfort and security because they bring to mind happy childhood experiences. Other foods may cause you to feel terrible because they stir up unpleasant memories. "I got sick eating strawberry ice cream as a kid," Worthington-Roberts says. "I can't eat it as an adult."

Similarly, a nightcap of warm milk at bedtime is thought to induce sleep. "Nothing nutritionally explains this," says Worthington-Roberts. "Maybe it's the warmth of the fluid at the end of the day, but it's probably a person's belief system. We're very suggestible about food."

"Does chocolate make you fall in love?" Probably not. A typical chocolate bar contains small amounts of phenylethylamine (PEA), a substance some researchers link to romantic feelings. But the quantity is so small that researchers have trouble believing that PEA could have much of an effect on chocolate lovers.

So what explains the appeal of chocolate? "Maybe it's because it tastes so good," says Paul Dimick, Ph.D., a chocolate researcher at Penn State University. "It's one of the most universally liked flavors in the world."

"Why can't I work without coffee?" Coffee is another favorite of millions, though its mood-altering power is less mysterious. It contains caffeine, a potent stimulant. One 5-ounce cup of coffee (150 mg of caffeine) has been shown to boost energy and alertness, aid mental clarity, and improve motor performance.

But caffeine's effects vary from person to person. For people unaccustomed to it, it can produce "coffee nerves"—jitters, nervousness, and short-temperedness. It can set off anxiety attacks in people who suffer from panic disorders, according to the national Institute of Mental Health.

Heavy coffee drinkers tend to develop a tolerance and are less likely to experience negative effects. However, when deprived of coffee, java junkies display classic symptoms of an addiction: They often suffer with drawal symptoms such as headache, lethargy, and irritability.

"Is wine a pick-me-up?" A common myth holds that alcohol, too, is a stimulant, but actually it's a central nervous system depressant. In small quantities, alcohol loosens inhibitions, but only a few drink's worth will slow down brain-cell function and reduce powers of attention and concentration, says Dr. Callaway.

Alcohol also has other negative behavioral effects. It can disrupt sleep and lead to depression. Shakespeare apparently was right when he wrote about its effect on sexual ability: "It provokes the desire, but it takes away the performance."

"Do aphrodisiacs exist?" Throughout history, people have believed that certain foods excited sexual passions. Such things as rare roast beef, boiled crab, turnips, leeks with honey, truffles, figs, savory, and mustard were considered erotic.

Today, sly references are made to oysters, but scientists haven't yet discovered any evidence to support the idea that a food can strengthen sexual desire or performance. "I don't know of any research that says oysters or any other kind of food is an aphrodisiac," says Dr. Callaway. "Call me when you find one."

Old beliefs die hard, but recent studies are replacing myths with solid understanding about the food-mood link. Still, if foods make you feel good, enjoy them. As the Song of Solomon says: "Comfort me with apples."

POWERS IN A PILL?

Should nutrients taken as supplements be regulated as a drug? Currently, they're not. Supplements such as lecithin, which contains choline and is touted to improve memory, are available without a prescription.

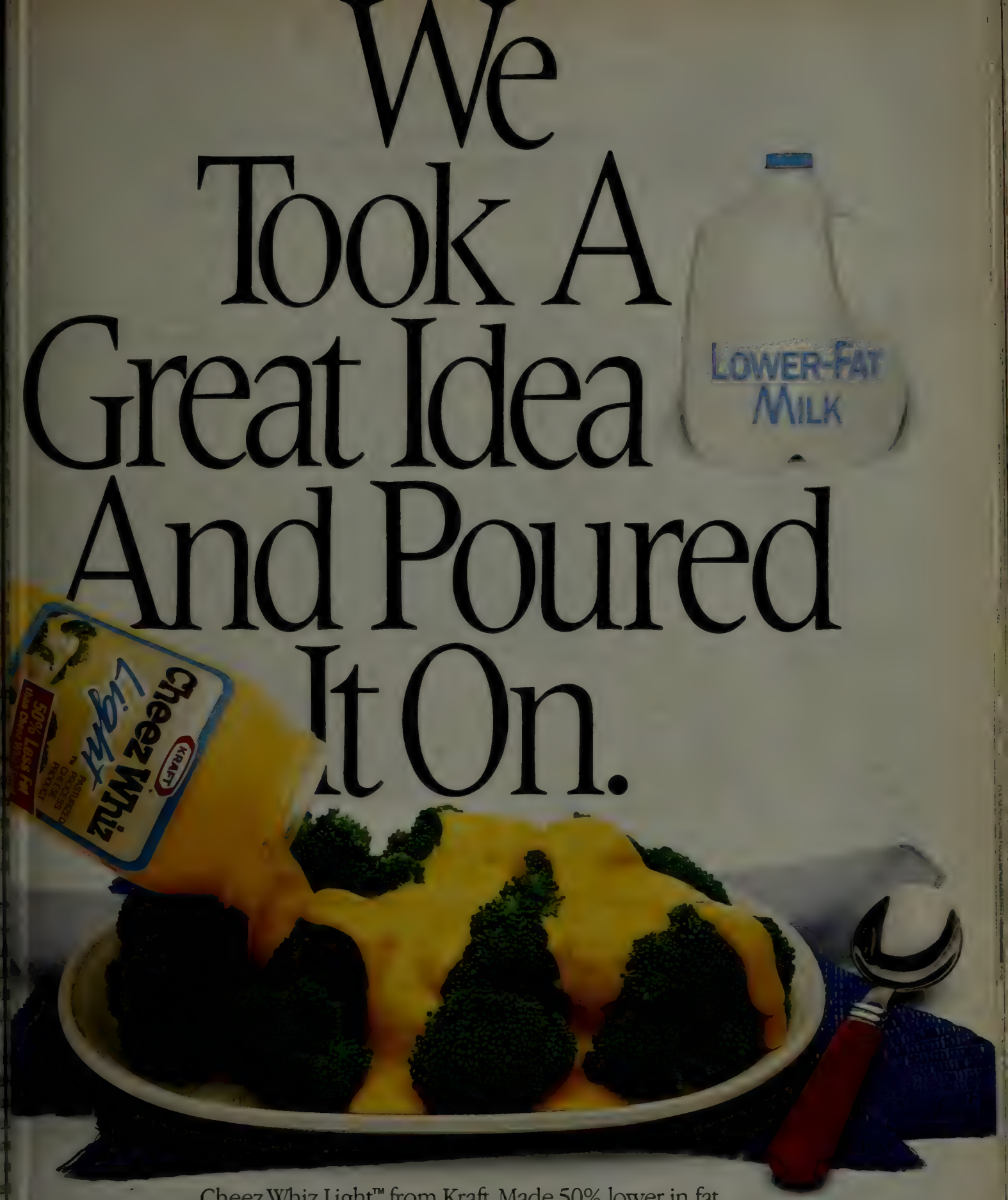
However, nutrients used in large doses or in purified form have not been tested in large-scale studies to assess safety and effectiveness, says C. Wayne Callaway, M.D., associate clinical professor of medicine at George Washington University. Without tests, it's unknown whether they cause cancer, birth defects, or other problems, he points out.

"We're in the era of using 'nutriceuticals' to treat disorders," he says. "We need strict criteria for these things; otherwise we'll be in a quagmire."

In 1989, more than 30 people died and hundreds suffered disabilities after taking tryptophan supplements. The culprit may have been a contaminant in the manufacturing process, but many questions [illegible] resolved. Since then, the [illegible] Drug Administration [illegible] banned the distribution [illegible] tryptophan-containing [illegible] ents.

[illegible] FDA is reexamining [illegible] ients, deliberating [illegible] hould be required to [illegible] lar testing [illegible] s as drugs.

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BY PATRICIA HITTNER

THE HEALING POWER OF PLASTIC SURGERY

It's more than just skin deep



Alice was 30 when she noticed a few subtle signs of aging. What bothered her most was the mottled redness on her cheeks, caused by acne rosacea.

Then Alice heard about a new laser treatment that could restore her normal skin tone. She decided to give it a try. What's wrong with wanting clear skin?

Alice later had mixed feelings. She arrived for her scheduled appointment, but almost backed out. "I was thinking it was vain and expensive," she explains.

Finally, Alice underwent laser therapy. Her face swelled, and she developed bruises that lasted almost two weeks. But the results speak for themselves. "My skin looks very clear," she says happily. "The laser really worked."

Appearances count. Not all doctors embrace the use of plastic surgery or lasers to improve upon Mother Nature, especially for "cosmetic" reasons. But a growing number of practitioners recognize how crucial it is for people to feel comfortable with their looks.

"In most of medicine, it's been traditional to downplay appearance," says Linton Whitaker, M.D., director of the University of Pennsylvania Center for Human Appearance in Philadelphia. "But appearance is as important as anything. Concerns about it are fundamental to human nature, as basic as eating."

"I've seen patients who were afraid to leave home," says Joop Grevelink, M.D., director of the Dermatology Laser Center at Massachusetts General Hospital. "When, their skin problems were corrected, their lives turned around."

The right choice? Plastic surgery shouldn't be done on a whim. It's a big decision that carries all the usual operative risks. Also, you may be [illegible]

Experts point out that you must have realistic expectations. Modern medicine may improve your appearance, but it won't solve your other problems. And, no doctor can make everyone beautiful.

It's especially important to find the right doctor. Anyone with a medical degree can call themselves a plastic or cosmetic surgeon. Ask another physician you trust for a referral. The doctor you choose should perform the procedure often and be certified by the American Board of Medical Specialties. Affiliation with a university teaching hospital is another good sign. Always get a second opinion before consenting to surgery.

Paying the cost. The sheer variety of procedures available makes it hard to generalize about costs. Relatively simple procedures involving lasers cost from $500 to $1,000 or more if extensive treatment is needed. The most complex in-patient surgery—repairing facial birth defects, for example—can cost as much as $150,000. Your doctor should explain the costs of all procedures ahead of time, and be willing to discuss the cost of various alternatives.

Insurance rarely covers procedures that simply improve appearance, but each company sets its own definition of cosmetic. Your doctor ought to be willing to assist you in seeking insurance coverage before starting any treatment.

Here are some of the latest ways medicine is making it easier for many people to look in the mirror:

Acne rosacea. This common condition strikes adults, especially women over age 25. Unsightly red bumps appear in the middle of the face, leaving behind broken blood vessels that give the complexion a ruddy tone. Unfortunately

continued on page 9

AN UNHEALTHY QUEST FOR PERFECTION?

No reputable plastic surg[illegible] wants to work on patients wi[illegible] vere emotional problems or unrealistic expectations, but few clinics require psychological screening.

Some patients do have an un[illegible] on a physical flaw, [illegible] focus of their [illegible] el Pert[illegible] with the [illegible] in [illegible] ...nority [illegible] suffer f[illegible] Dysmo[illegible]-der, in which a perceived imperfection is greatly exaggerated.

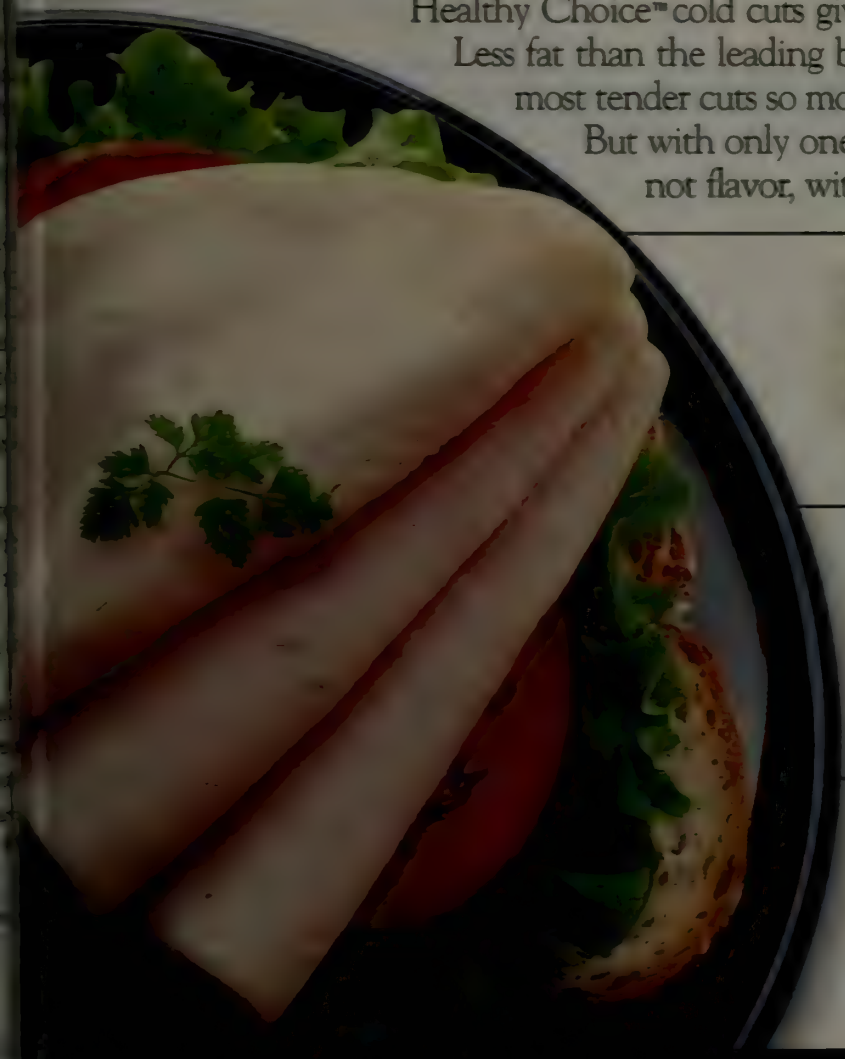
Most patients simply want to look better, says Dr. Pertschuk. "Cosmetic surgery is reasonable if the patient is seeking some sort of emotional equilibrium, and their appearance is causing distress."

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PLASTIC SURGERY

continued from page 96

ly, many sufferers are mistaken for alcoholics. Actually, too much sun is generally the cause in these individuals.

The acne responds to antibiotics and prescription creams. Makeup can mask the broken blood vessels, which don't go away on their own. One option is to use electrocautery to destroy the vessels. However, results are often temporary, since new vessels tend to recur and the process begins again.

Many doctors consider laser therapy the treatment of choice, since it permanently erases the vessels with only a tiny chance of scarring. Laser treatment is relatively pain-free, so most people tolerate it without anesthesia. Typically, one to three sessions are needed.

Acne vulgaris. So-called "teenage acne" should be treated immediately by a dermatologist to prevent scarring, says Dr. Grevelink. Making scars less noticeable is still hard.

For slight scarring, Dr. Grevelink suggests a chemical peel. Deeper depressions can be filled with collagen injections, with visible results lasting about a year. Pitted scars can be excised with punch grafts. Skin taken from behind the ear sometimes is used to cover the treated spots.

Dermabrasion involves "sanding" the skin with a rotary brush or block of sandpaper to make scars less noticeable. Dr. Grevelink warns that this should be done by a doctor who performs this procedure regularly. It's best suited to fair complexions since pigment changes are a side effect.

Freckles and liver spots. Lasers, which have revolutionized dermatology, can destroy flat pigmented spots without damaging surrounding tissue. The risk of scarring is minimal. Usually, just one or two treatments are needed. Most people don't require anesthesia during this office procedure.

So-called port-wine stains can also be erased by laser. Laser therapy, however, is usually not used for raised moles which should be cut out and checked for cancer.

Warts. Caused by the human papilloma virus, warts can be extremely stubborn. People with multiple facial warts are acutely aware of the misery these blemishes inflict.

Have a dermatologist diagnose your warts to rule out more serious skin conditions. Many practitioners first freeze large warts with liquid nitrogen. Multiple small warts may respond to Retin-A cream.

Laser treatment is a last resort, since it often causes mild scarring when used for warts. However, new lasers being tested may offer better results. Hypnosis—literally thinking away the warts—has also been successful with some patients who don't respond to anything else. Bear in mind none of these treatments is a guaranteed cure for the underlying viral infection.

Facial trauma. Many people who've suffered major burns in the past have noticeably scarred skin. Much of this old scarring can now be repaired with microsurgery and tissue expansion, in which healthy skin grafts are "stretched" by a gradually inflated balloon placed under the

skin. After several months, the balloon is removed, and the newly formed skin is used to cover damaged areas.

In recent years, surgeons have learned to better immobilize grafts to promote more even healing. Tissue expansion allows relatively small grafts to cover larger spots. This is especially important for the face, since the best color matches are grafts taken from the head and neck.

Accident victims should see a plastic surgeon immediately because optimum results are obtained with fresh wounds. But repairs can still be done later. Small scars can be camouflaged by breaking them up or changing their direction. Microsurgery helps with large tissue losses and bigger scars.

Post-cancer reconstruction. It wasn't too long ago when cancer patients weren't allowed to complain about their looks. "Just be grateful you're alive," they were sternly told.

That attitude is changing. "There's increased awareness now that you have to think about the individual's adjustment," says Michael Pertschuk, M.D., a psychiatrist at the Center for Human Appearance. "If you just hack away at the individual to save their life, without thinking of the quality of life, that's not good medicine."

Reconstruction may take place during initial surgery if no cancer is left behind. Microsurgery and bone-grafting, for example, have allowed patients who have lost half a jaw to regain a more normal appearance, says Dr. Whitaker.

One procedure gaining popularity among mastectomy patients involves making new "breasts" with flaps of abdominal skin. This eliminates the need for silicone implants. The surgery, however, involves a relatively long hospital stay and recovery period, and leaves noticeable scars.

Birth defects. Facial defects in newborns are corrected as early as possible. Depending upon the diagnosis, this is often within the first year of life. Surgery should be done at a medical center recognized by the American Cleft Palate-Craniofacial Association.

New knowledge and techniques enable doctors to better preserve natural facial expression. In the past, there was often a "trade-off" between appearance and facial motion.

There's also help for people who've had previous surgery with less-than-perfect results. Existing scars can be softened with microsurgery or tissue expansion. Or, certain facial muscles can be "tightened" or "loosened" to restore natural movement.

"LOOK GOOD . . . FEEL BETTER"

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3 PRIZE-WINNING *new* HOMES

Get a fix on that dream home you're after by checking out the champions. The three houses on these pages won top honors recently in the Best In American Living Awards, a design competition sponsored by the National Association of Home Builders, *Professional Builder and Remodeler,* and *Better Homes and Gardens®*. These homes exhibit top-notch architectural and interior design, innovative site planning and construction techniques, and money-saving financing strategies—features that can make your new home a winner too. Next month: America's best affordable new homes.



BY JOAN MCCLOSKEY, WILLIAM L. NOLAN, AND JAMES A. HUFNAGEL



FEATURES WE REALLY LIKE

- **Crisp, no-nonsense styling**
- **A plan that conquers a down-sloping site**
- **An inviting entry bridge**
- **South-facing windows that capitalize on solar gains**

Standing tall on a wooded site that drops sharply from the road, this 2,700-square-foot [illegible] earns a blue ribbon for its [illegible] looks and easygoing livability.

Building up rather than out conquered the problem [illegible] small strategy for those who want to build in areas where lots are scarce or where small lots can be found at bargain prices. Going vertical also minimized the number of trees that had to be sacrificed and saved on foundation costs. It also yielded a well-zoned floor plan. The three-story plan locates main living areas amidships, with a covered bridge linking the entry and the garage. The master suite occupies the top level, comfortably secluded from other parts of the house. A balcony in the master suite overlooks the two-story-high living room. On the ground floor, two bedrooms share a full bath and open to ground-level patios through sliding glass doors.

Cedar lap siding and a standing-seam metal roof ensure an exterior that will require zero maintenance for many years. The metal roof also sheds heavy snow loads, which can be a problem in the mountains of eastern Pennsylvania where this home is located. Cost: $220,000; about $80 a square foot.

An old-fashioned porch adjoins the service entry, linking the yard with an indoor stair landing. Stepping-stones climb the slope from the porch to a detached two-car garage out front.





A checkerboard window wall in the living room gathers passive solar warmth, contributing about 25 percent of the home's heating needs.

SPARE LINES, *soaring SPACES*





At first glance, the front exterior looks like an old-time Pennsylvania farmhouse—but a sheltered walkway to the entry alerts you that there may be more here than meets the eye.

Photographs: Guy Cali Associates. Architect: William Gladish. Builder: John C. Sobeck, First General Services of Northeastern Pennsylvania. Illustration: Mike Henry



COUNTRY *comfort* with CITY STYLE

FEATURES WE REALLY LIKE

- **Traditional shapes, contemporary details**
- **Harmonious blend of house and site**
- **Dramatic, two-story-high spaces**
- **Well-zoned floor plan**

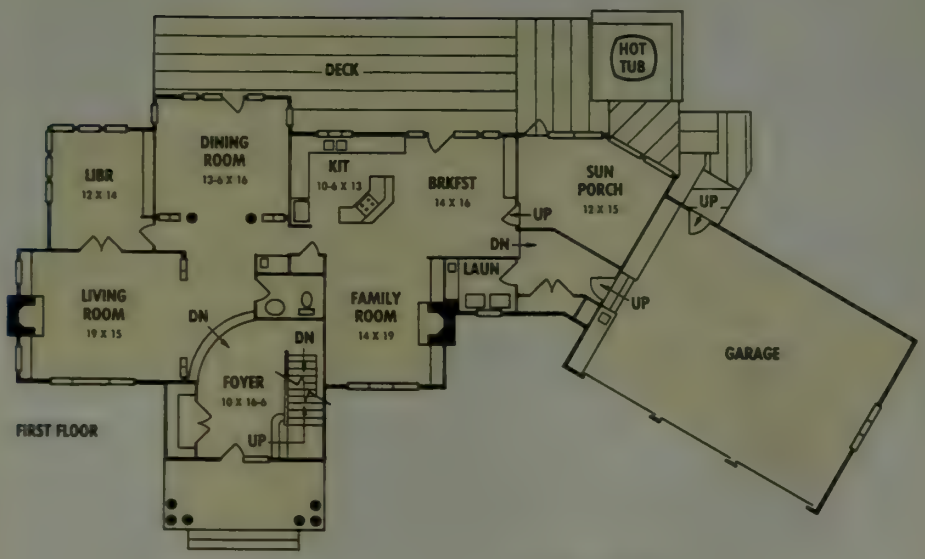
The forms of this Ann Arbor award-winner echo those of a rambling colonial manor house: a foursquare main structure with a columned entry porch, chimneys at each side, and angled extensions that could have been added later in the home's history. If you check out the windows and other details, however, you'll see that this sophisticated design owes as much to today as it does to the past.

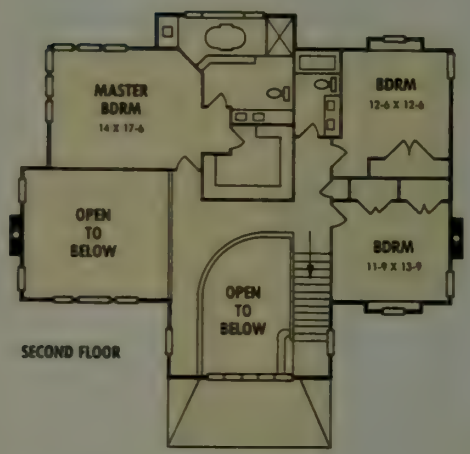
Clever placement of rooms on the main floor yielded a house that performs equally well whether you're hosting a big dinner party or relaxing with the family. Double doors, wide arches, and an extra-roomy foyer merge the formal living room, dining room, library, and [illegible] into a dramatic and elegant setting for important social gatherings. Informal spaces cluster around an angled island in the kitchen, making the cook the hub of family activities. A roomy service hall leads to the laundry and attached three-car garage.

Upstairs, sleeping areas are separated by strategically located closets, baths, and halls. The master bedroom features big corner windows overlooking the countryside; the other bedrooms boast dormered bay windows.

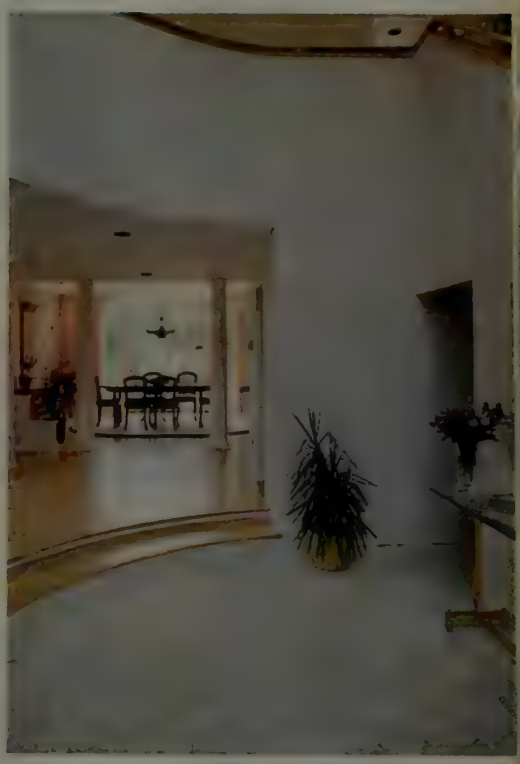
car garage (and a
serves site space
and downplays the
garage wing. Iden-
tically pitched
gables break up the
home's overall mass.







The 3,800-square-foot plan revolves around an impressive two-story front entry. Construction cost, excluding the lot, was about $97 per square foot.





Curved steps link the foyer with the living and dining rooms. Tall windows in the living room frame views of the trees outside.

Photographs: Fred Golden Photography. Architect/builder: Stanley J. Monroe with Mariano Sastre, Wright Street Design Group, Inc.



FEATURES WE REALLY LIKE

- Turn-of-the-century homeyness
- Dynamic interiors
- A flexible plan
- Windows galore

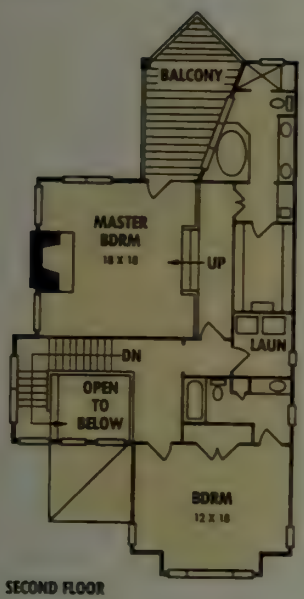
Here's proof positive that they *do* still build homes like they used to, only much better. Clad in diamond-shaped green roof shingles and white lap siding, this Memphis two-story looks like the solid, sensible clapboard homes that were popular several generations ago . . . until you step inside, that is.

Adopting traditional design elements poses a familiar challenge: How do you capture the spirit of a vintage style while satisfying today's need for light, airy, flexible living spaces? Here, the architect met this challenge by expressing period character in the overall massing of the house and in a few simple details. The structure's basic shape and window proportions mimic those of older homes that still stand on farmsteads and tree-lined streets across America. Square columns, simple moldings, narrow lap siding, and green-shingled roofing play up the period theme without cluttering the home's clean, crisp lines.

Beyond the formal areas up front, freewheeling spaces, big window walls, and playful angles put the house in tune with today's lifestyles. Detailing throughout is kept simple, and colors and finishes are kept light and neutral. Tall ceilings in the main rooms—a familiar feature in bygone days—give an extra boost to the open, airy feel.



FIRST FLOOR



SECOND FLOOR

The versatile plan has two bedrooms upstairs and a room that can serve as either a study or a third bedroom on the main level. The cost for constructing this 2,675-square-foot home was about $80 a square foot.



The front exterior remains faithful to the lines and proportions of yesteryear. In back, a sheltered patio is topped with a prow-shaped porch that commands a view of the Mississippi River.

a CLASSIC *american* FARM-HOUSE



Natural light sweeps through interior spaces that are anything but traditional. In the living room, a 12-foot-high wall of glass brings in the outdoors. Two more big windows flank the fireplace.

Photographs: Jeffrey Jacobs. Architects: J. Carson Looney and Bradford K. Shapiro, Looney Ricks Kiss Architects, Inc. Builders: Ron Sklar and Scott Klazmer, Klazmer/Sklar Homes. Interior design: Darrell Russell, IBD, ASID, LRK Interiors



A switchback staircase in the foyer winds past tall banks of windows to a balcony landing.

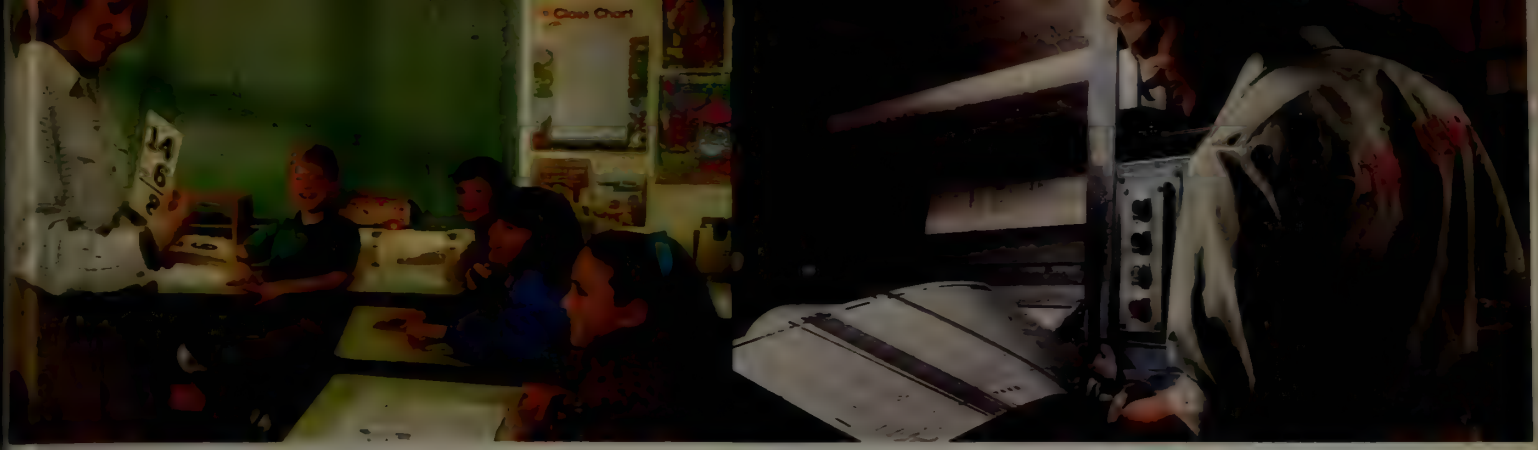
Another wall of glass, this one 10 feet high, makes the kitchen/breakfast area seem part of the great outdoors.

Traditionalism prescribes a formal entry today just as it did in bygone days, but here the entry is anything but stuffy. Bleached hardwood flooring, white walls, and clean-lined detailing offer clues that this house is truly modern at heart.

To amplify the modern mood, big banks of windows team up with the pale woods and white walls. In the foyer, oversize square panes stack above the stair landing at one end and march across the top of the front door opposite the balcony. In the kitchen, transom-topped double-hung units reach almost floor to ceiling and wall to wall, inviting sunny vistas into the work area.

Buying information, page 114.





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OUR ENVIRONMENT

TURNING OUR CONCERN INTO ACTION

GREEN CLEANING: DO HOUSEHOLD CHEMICALS POLLUTE OUR PLANET?

BY TOM JACKSON

Most homes contain dozens of chemical specialty products. But of all these products, the ones used for cleaning (with a few exceptions) pose little, if any, threat to the environment.

Our country's water quality problems are almost all related to industry, agriculture, and rainwater runoff from our streets and lawns. Most of the potentially harmful chemicals you pour down the drain are removed by the sewerage treatment process, or they biodegrade within a month.

There are a few exceptions to consider, however: products containing phosphates, and products used in homes served by septic tanks.

Phosphates. The biggest problem in our wastewater continues to be phosphates in detergents. Phosphates promote the growth of algae that consume the oxygen that aquatic plants and fish need to survive.

The worst phosphate problems occur in heavily populated urban areas that encroach on environmentally sensitive waterways such as the Chesapeake Bay. In many of these regions, phosphates are now banned or regulated. Check with your local wa[illegible]mental agency to find out whether phosphates are a problem where you live. If so, you can find low-phosphate or no-phosphate products in most stores.

Septic tanks. Unlike municipal sewer systems, septic tanks are not designed to remove heavy metals, volatile organic compounds, or petrochemical solvents from wastewater. Given time and a healthy septic system, these and most other household chemicals should decompose. But in reality, the bacteria in most septic systems can't handle a constant chemical onslaught, thus allowing many pollutants to escape undiluted

Owners of septic systems should avoid flushing or pouring down the drain products that contain any harsh chemicals—mold or mildew treatments; paints and solvents; pesticides; or products that carry warning labels like toxic, flammable, or corrosive.



Green alternatives. One of the best arguments for low-impact cleaning is that the fewer chemicals you use, the less indoor air pollution you generate. Most natural cleaning products don't have strong odors, dyes, or perfumes that can contribute to indoor air pollution.

However, be careful when using any chemical product, natural or not. Over-the-counter products must pass a variety of safety and quality tests, but the same is not true of homemade recipes. Also, you may be defeating your purposes if you use a quart of a natural product when an ounce of an over-the-counter cleaner will do.

Smarter shopping. The government does not regulate environmental claims, so, as a consumer, you have to be wary. The best labels are those with the most information. The more details cited, the better. Keep in mind that even small improvements in products (such as packages made from recycled materials) are worth shopping for. Also, look for a third-party certification or endorsement such as the Green Cross symbol.

Is the coast clear? Although cleaning products are not a major environmental problem, you should not use them with abandon. Moderation is called for with any chemical product used in the home. Here are some tips:

- Prevention reduces the need for harsh cleaners. Don't let problems such as grease buildup or mold and mildew get out of hand.
- When faced with a difficult cleaning problem, start with a low-impact product and escalate only if necessary.
- Take a tip from professional cleaners: a mild solution of detergent, clean rags, and elbow grease will take care of most cleanup chores.
- Hard water makes cleaning more difficult. Water-softening equipment allows you to reduce the amount of detergent and cleaners you use.
- Never pour specialty products like degreasers, polishes, paints, pesticides, or auto fluids down the drain. Send these to a hazardous-waste facility. BHG

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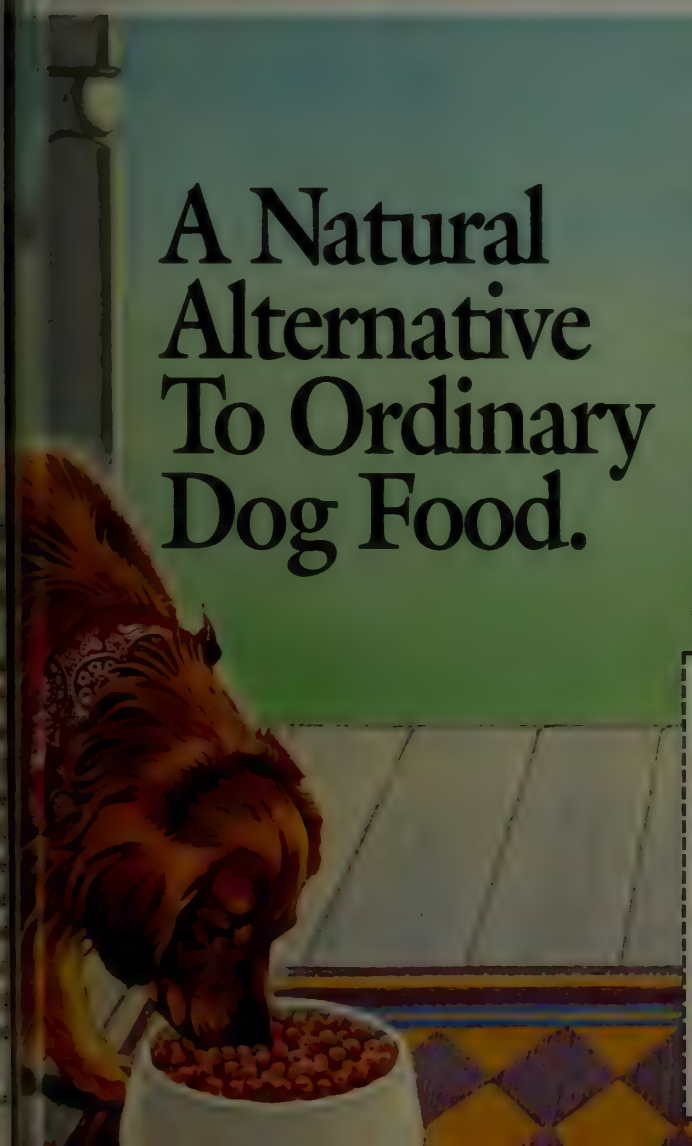
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GRAND ILLUSIONS FOR A LITTLE ROOM



Make room for grand style on a small scale with space-expanding tricks and a sophisticated look.

LESSONS IN DESIGN

COLOR: To warm the room and to counter cold surfaces, Mary Dale saved a red sponge-patterned wall covering from the previous owners. Rich walls won't overwhelm a small space when you fill in the room with neutral furnishings.

TEXTURE: Combine formal materials, such as leather, satiny fabric, mirror, and marble, with informal materials—sisal on the floor and flannel on the sofa—to achieve a balance that's both sophisticated and inviting.

SPACE: Mirrors stage the biggest decorating coup: They seemingly double the size of the room when placed on a long wall.

ARRANGEMENT: A symmetrical arrangement offers a formal, sophisticated image. Here, symmetry works extra hard by squeezing in seating for six in an intimate conversation grouping.

Your decorating style is formal but your room size says cozy cottage? Go for grand style without the grand scale. You can do it with a few design tricks, such as these that interior designer Mary Dale Watson pulls off in her narrow living room:

- Make a rectangular room more conversation friendly by floating your seating pieces in a square. Hang mirrors on a long wall to continue the illusion of a square space and to fight the tunnel feeling.
- Vary textures in a subtle color scheme for an interesting but simple look that avoids the space-gobbling clutter of many colors and patterns.
- Keep from crowding a small room by bringing in only necessary furnishings and a few clean-lined accessories. Add sophistication with hard, polished surfaces, such as mirror and marble, and a formal, symmetrical arrangement.
- Warm up a formal setting with earthy hues, honey-toned woods, and a cozy seating arrangemen

Red walls and a flannel sofa offer a warm balance to marble and mirror.



Photographs: Gene Johnson. Design: Mary Dale Watson. Regional editor: Nancy E. Ingram

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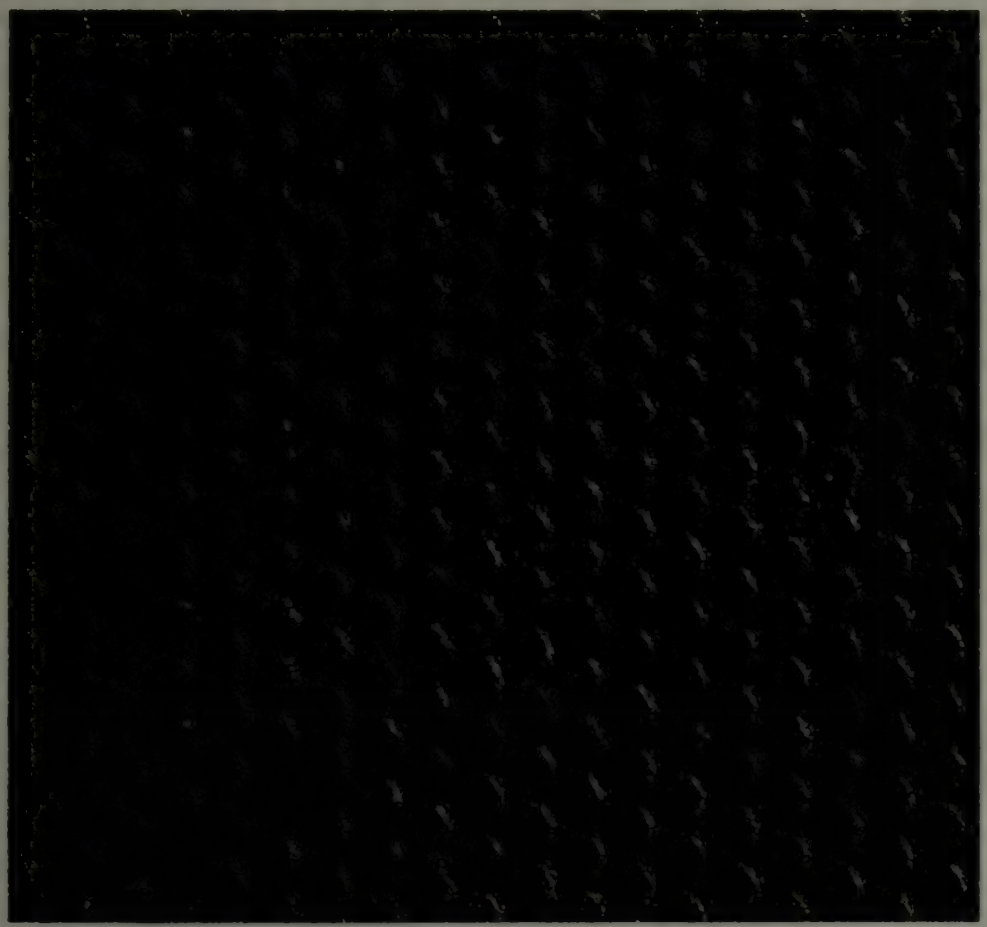
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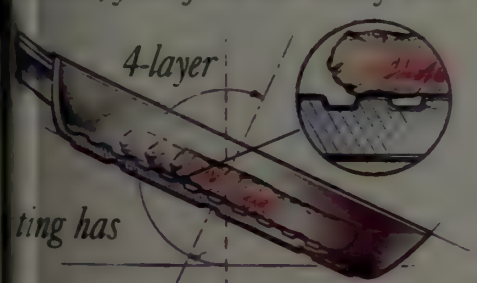
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The Inside Story

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SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

3 PRIZEWINNING NEW HOMES

Pages 102–103 (*left*): Garage door—Wayne-Dalton Corp., P.O. Box 67, Mount Hope, OH 44660. **Metal roofing,** "Sup-R-Seam"—Alumax, Metal Sales and Service, 502 N. Walnut Rd., Kennett Square, PA 19348. **Windows**—Andersen Windows Corp., P.O. Box 12, Bayport, MN 55003. **Exterior stains**—Sherwin-Williams; For further information regarding paints or stains used in this project, contact your local Sherwin-Williams dealer. **(*Far right*): Hardwood flooring**—Robbins Hardwood Flooring, 4785 Eastern Ave., Cincinnati, OH 45226. **Area rug.** "Chyn Dynasty"—Capel, Inc., 831 N. Main St., Troy, NC 27371. **Glass-top coffee table**—Swaim, 1801 S. College Dr., P.O. Box 4189, High Point, NC 27263-4189. **Sectional sofa**—Emerson Leather, 816 13th St., NE, Hickory, NC 28601. **Curio cabinets, glass-top sofa table**—Henredon Furniture, Inc., P.O. Box 70, Morganton, NC 28655. **Lamps**—Frederick Cooper, 2545 W. Diversey Ave., Chicago, IL 60647. **Floral arrangements on top of curio cabinets**—Carmen Popple, Washington Florist, Washington St., Wilkes-Barre, PA 18702.

Pages 104–105 (*left*): Roofing—Elk Corp., 14643 Dallas Pkwy., Ste. 1000, Dallas, TX 75240. **Windows**—EAGLE Windows & Doors, Inc., P.O. Box 1072, 375 E. Ninth, Dubuque, IA 52004-1072. **Porch columns**—Chadsworth Inc., P.O. Box 53268, Atlanta, GA 30355. **Exterior paint**—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645. **Overhead garage doors**—Wayne-Dalton Corp., P.O. Box 67, Mount Hope, OH 44660. **(*Right*): Carpet,** "Blush"—Galaxy Carpet Mills, P.O. Box 800, Chadsworth, GA 30705. **Armless chairs**—Hickory Craft, C/O Masco Contract Furnishings, P.O. Box 7599, High Point, NC 27264. **Piano**—Baldwin Piano & Organ Co., 422 Wards Corner Rd., Loveland, OH 45140. **End tables**—Baker Furniture, 1661 Monroe Ave., NW, Grand Rapids, MI 49504. **Quilt above fireplace**—Ruby Schlabach, Wolcoltville, IN 46795. **(*Far right*): Marble flooring**—Walker Zanger, 11500 S. Main, Ste. 124, Houston, TX 77025. **Mirror above console table**—La Barge Mirrors, 300 E. 40th St., Holland, MI 49423.

Pages 106–107 (*left*): Roofing, "Diamond Crest III"—Custom Roofing Products, P.O. Box 740, Naples, TX 75568; 800/462-7401. **Windows and atrium doors**—Peachtree Doors, P.O. Box 5700, Norcross, GA 30091; 800/477-6544. **Overhead garage door**—Overhead Door Corporation, P.O. Box 809046, Dallas, TX 75380-9046. **(*Bottom right*): Hardwood flooring**—Bruce Hardwood Floors, 16803 Dallas Pkwy., Dallas, TX 75248. **Fireplace**—Superior Fireplace Co., 4325 Artesia Ave., Fullerton, CA 92633. **Mantel**—Kerns-Wilcheck Assoc., 667 Union Ave., Memphis, TN 38104. **Area rug**—Zaven Kish Oriental Rugs, 97 Tillman, Memphis, TN 38111. **Coffee table**—Knoll International, 655 Madison Ave., New York, NY 10021. **Art above mantel**—Kurts Bingham Gallery, 766 S. White Station Rd., Memphis, TN 38117. **Exterior and interior paints**—United Paint Co., 404 E. Mallory Ave., P.O. Box 9037, Memphis, TN 38109.

DUPLICATE-STITCH SWEATER

Page 117: Sweater—Lands' End, 1 Lands' End Lane, Dodgeville, WI 53595. **Embroidery floss**—DMC Corp., Port Kearny, Bldg. 10, South Kearny, NJ 07032-0500.

REAL-LIFE DECORATING

Pages 128–129: Pillow fabrics—Pierre Deux Inc., 870 Madison Ave., New York, NY 10021; 800/8PIERRE. **Striped chair fabric**—Waverly Fabrics, 79 Madison Ave., New York, NY 10016.



Page 130: Interior paint—Benjamin Moore Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645. **Pages 132–133: Window**—Andersen Corp., P.O. Box 12, Bayport, MN 55003. **Hutch, table, chairs**—Taylor Woodcraft, Inc., P.O. Box 245, Malta, OH 43758. **Interior paint**—Benjamin Moore Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645. **Ceiling lighting**—Halo Lighting, Div. of Cooper Ind., 400 Busse Rd., Elk Grove Village, IL 60007. **French doors**—Four Seasons Solar Product Corp., 5005 Veteran's Memorial Hwy., Holbrook, NY 11741; 800/FOURSEASONS. **Print chair fabric**—Waverly Fabrics, 79 Madison Ave., New York, NY 10016. **Striped chair fabric**—Covington Fabrics, 267 Fifth Ave., New York, NY 10016.

Page 134: Dining table—Casa Stradivari, 221 McKibbin St., Brooklyn, NY 11206. **Chairs**—Chapman Mfg., 481 W. Main St., Avon, MA 02322. **Gold-banded dinnerware**—Annieglass Studio, P.O. Box 8445, Santa Cruz, CA 95061-8445.

Page 135: Countertop—Wilsonart, 600 General Bruce Dr., Temple, TX 76504. **Chair, window covering fabrics**—Waverly Fabrics, 79 Madison Ave., New York, NY 10016.

Page 136: Window, sofa, armchair fabrics—Waverly Fabrics, 79 Madison Ave., New York, NY 10016. **Bird print on mission chair**—Pindlar & Pindlar, 2580 Santa Fe Ave., Redondo Beach, CA 90278. **Print fabric on large sofa pillows**—Pierre Deux, 870 Madison Ave., New York, NY 10016. **Window blinds**—Levolor Lorentzen, Inc., 1 Upper Pond Rd., Parsippany, NJ 07054. **Rug**—Couristan, 919 Third Ave., New York, NY 10022. **Painted armoire**—Stevenz Co., Jan & Steve Price, 26985 Spring Ct., Pioneer, CA 95666.

SWEET PROFITS

Pages 140–144: Striped plate—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062; 800/323-5461. **Platter,** "Fiesta"—Homer Laughlin, Newell, WV 26050.

NEW AMERICAN CLASSICS

Pages 152–153: Gold and white plate—Wolfman Gold & Good Co., 116 Green St., New York, NY 10012. **Glass**—Bazaar Del Mundo, 2754 Calhoun St., San Diego, CA 92110.

Pages 154–155: Platter—Gordon Foster, 1322 Third Ave., New York, NY 10021. **Copper skillet**—Hammacher Schlemmer, 147 E. 57th St., New York, NY 10022.

Page 158: Bowl, "English Fern"—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062; 800/323-5461.

Page 160: Plate, "Black Salmon"—Wolfman Gold & Good Co., 116 Green St., New York, NY 10012. **Glass goblet**—Wolfman Gold & Good Co., 116 Green St., New York, NY 10012.

PRIZE TESTED RECIPES®

Page 185 (*left*): Plate, "Metlox Colorstax"—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062; 800/323-5461. **(*Right*): Square clear glass plate**—ACC Fine Crystal, 1150 Broadway, Hewlett, NY 11557; 800/645-2070.

Page 186 (*left*): Blue-trimmed clear glass plates—Conran's Habitat, 160 N. Golf Rd., King of Prussia, PA 19406. **(*Right*): Plate,** "Tosca"—Lenox China Inc., 100 Lenox Dr., Lawrenceville, NJ 08648. **Fork,** "Golden Danube"—Gorham Inc., P.O. Box 906, Mt. Kisco, NY 10549.

DIRECTORY OF ARCHITECTS, DESIGNERS

3 PRIZEWINNING NEW HOMES

Pages 102–103: Architect—William Gladish, 57 Nafus St., Pittston, PA 18640. **Builder**—John C. Sobeck, First General Services of Northeast, 110 S. Sherman St., Wilkes-Barre, PA 18702.

Pages 104–105: Architect/builder—Stanley J. Monroe, R.A., with Mariano Sastre, Wright Street Design Group, Inc., 111 Third St., Studio 5, Ann Arbor, MI 48103.

Pages 106–108: Architects—J. Carson Looney, AIA, and Bradford K. Shapiro, AIA, Looney Ricks Kiss Architects, Inc., 88 Union Ave., Ste. 900, Memphis, TN 38103. **Interior design**—Darrell Russell, IBD, ASID, LRK Interiors, 88 Union Ave., Ste. 900, Memphis, TN 38103. **Builders**—Ron Sklar and Scott Klazmer, Klazmer/Sklar Development Co., Inc., 1918 Exeter, Ste. 2, Germantown, TN 38138.

DUPLICATE-STITCH SWEATER

Page 117: Designer—Barbara Hickey.

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duplicate stitch

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It's as easy as A, B, C or 1, 2, 3. Duplicate stitching does what it says—it duplicates the stitch of an ordinary knit sweater. That one little stitch, done right on top of the knit stitch that's already there, adds pattern and color to a plain-Jane garment. We'll get you started on duplicate stitch with our easy bloomin' tulips pattern and step-by-step instructions.

Instructions begin on page 118.
Buying information, page 114.

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DUPLICATE STITCH

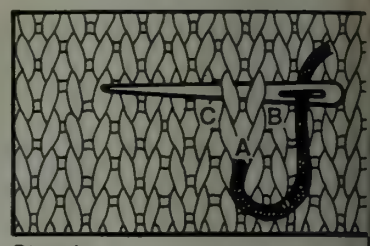
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TULIP SWEATER, page 117

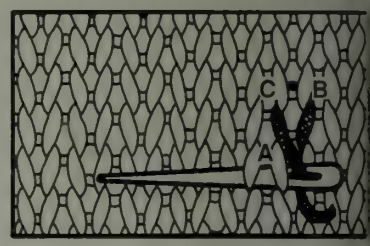
Materials: Purchased pullover sweater in plain stockinette stitch; DMC floss in following colors and amounts: 3 skeins each No. 745 yellow and No. 909 green, 4 skeins No. 3326 pink; tapestry needle.

Instructions: Duplicate stitching follows the completed knitting stitch to make a pattern that appears to be knit into the sweater. Only a plain stockinette knit works for duplicate stitch. Charts read same as cross-stitch chart, where 1 square equals 1 stitch (or loop) and different symbols indicate floss color.

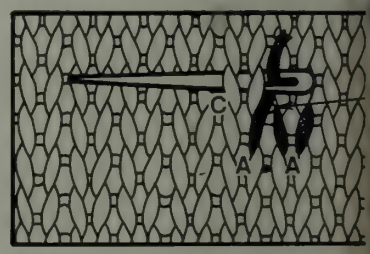
For a smooth look, stitch in horizontal rows whenever possible. For vertical designs or long narrow sections (such as tulip stems), work from bottom to top. To speed stitching, outline solid areas, then fill in stitching.



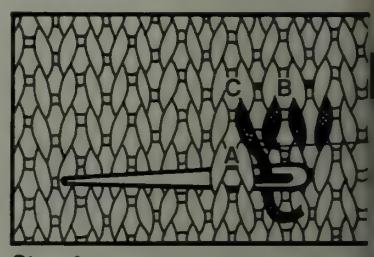
Step 1



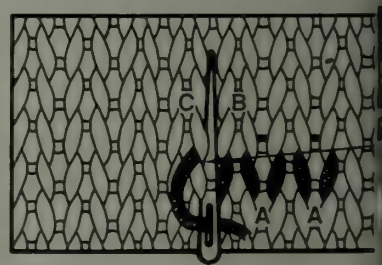
Step 2



Step 3



Step 4



Step 5

Step 1: With sweater front right side up, bring needle from back to front at A, leaving floss tail on back. Stitch from B to C, following original stitch under upper stitch.

Step 2: Finish stitch by bringing needle from right side t wrong side at starting point A. One stitch should be formed covering original knit stitch. Adjust stitching tension a needed so knit stitch is completely covered.

Step 3: Moving in straight line to left of first stitch, brin needle from back to front at base of next stitch (A), the from B to C. Stitching from B to C or from end of one stitc to beginning of next stitch can be done in one motion a shown or in two motions as described.

continued on page 12


Got a Mess?
1
2
3
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5
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7
8
9
10
Lift the red tabs and follow Jack.
He'll show you the difference Rubbermaid can make and how to save $1.00, too!
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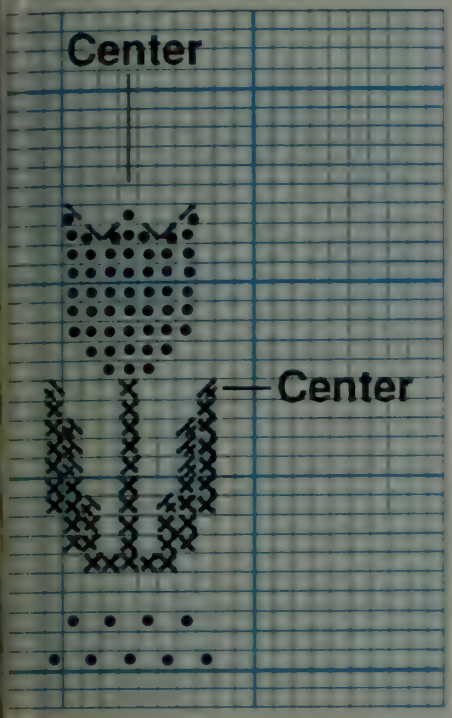
Refund requests must be accompanied by five proof-of-purchase (UP bols from any Rubbermaid® products along with original dated cash receipt(s) with purchase prices circled plus your name and address. e refund per name, address and organization. Duplicate requests onored. Please allow 6-8 weeks for delivery. Offer limited to U. ere taxed, restricted or prohibited by law. OFFER EXPIRES

bermaid Incorporated, Wooster, OH 44691-6000

DUPLICATE STITCH

continued from page 118

TULIP SWEATER



1 Square = 1 Stitch

☒ 909 Green

◉ 745 Yellow
or 3326 Pink

Step 4: Bring needle from front to back at A. Second stitch should be identical to first stitch. Repeat as needed to form complete row.

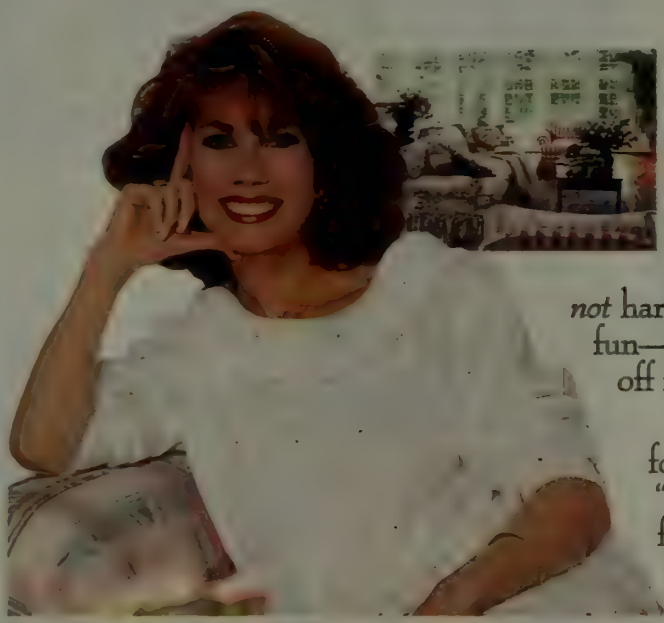
Step 5: For next row or vertical row, bring needle to front from back through center of previous stitch. This will be bottom (A) of next row of stitches. Point A of upper stitches should align with point A of corresponding lower stitch. Work tails on wrong side under stitches to secure.

For tulip design: Sweater shown on *page 117* has 4 rows of 5 tulips in alternating colors. Adjust pattern as needed for different sizes or gauges. Run basting stitch from neck to waistband along vertical center. Use 6 strands floss for all stitching.

For borders, follow lower rows of dots on chart (*above*) to form alternating V pattern. Stitch pattern around waistband, neckline, and cuffs with pink. Leaving 2 rows above waistband stitching, stitch first tulip with centers matching. Leaving 13 spaces between designs, stitch 4 remaining tulips. Stitch next 3 rows, leaving 21 spaces between rows.

Home Furnishings Tips
From Kathie Lee Gifford.

Second In A Series:
"How Do I Start?!" My Answer: Don't Panic, Breathe Easy, And Read This.



Nobody ever said that decorating a room, or a whole house, was a piece of cake.

But it's definitely *not* hard, and can actually be fun—especially if you start off right.

You can do that by following the terrific "Getting Started" tips found in Haven. It's the incredibly easy to use, complete decorating guide that's *free* at home furnishings stores everywhere that display the "heart and home" sign of the Home Furnishings Council.

Here are a few of Haven's time-saving, money-saving, sanity-saving ideas on starting off right.

1. For Step One, you don't even have to step out of your home, just go through all the decorating magazines you've been saving to find the rooms, the home furnishings, the colors and styles you like. Then take a grand tour of your own home, to see what you like, and what you'd like to never see again. Put all your thoughts on paper.

2. Next comes my favorite part, visiting home furnishings stores and galleries.

3. Take advantage of all the help and advice that these stores' sales experts have to offer you. Tell them your budget (don't be timid about it!) so they can help you get the best value for your dollar. Show them the pictures you tore out of magazines, bring along your room dimensions, your likes and dislikes—the more they know, the more they can help.

4. And, most important, work with them to realistically plan your decorating in phases—no one expects you to buy *everything* you want at once.

See, making a beautiful home for the most wonderful family in the world *is* a whole lot easier than you thought.

For the store nearest you offering free copies of Haven, please call 1-800-521-HOME, ext. 338.



HOME FURNISHINGS COUNCIL

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BETTER HOMES AND GARDENS®/HOME FURNISHINGS COUNCIL℠

1993 *decorating contest*



MORE THAN $60,000 IN PRIZES AND MERCHANDISE

Your home could be featured in *Better Homes and Gardens®* magazine!

TURN THE PAGE FOR DETAILS ON THE FABULOUS PRIZES YOU COULD WIN

DO YOU HAVE A FLAIR FOR DECORATING? YOUR TALENTS COULD PAY OFF.

If you've recently completed a decorating project (or if you're planning one), you could win prizes and merchandise in our 1993 Decorating Contest. Whether your project is large-scale or small, elaborate or simple, we want to see what you can do. We'll even feature some of the winners in upcoming issues of *Better Homes and Gardens®* magazine.

Once again, the Home Furnishings Council, which is an association of home furnishings manufacturers, suppliers, and retailers, has joined us to sponsor this contest. The reason? They believe, as we do, that it can be easy and fulfilling to create an attractive, comfortably furnished home.

The Home Furnishings Council wants to help you with your decorating project. Just call their **DECORATING HOTLINE 1-800-999-8688** between 3-6 p.m. (eastern time) any weekday between March 1 and April 30. A licensed interior designer will answer your calls and give you on-the-spot decorating advice.

CASH AWARDS

Our judges are looking for imaginative ideas, a good sense of style and color, and a pleasing blend of decorating elements.

Grand Prize: $10,000
Two Runners-Up: $4,000 each
Plus 12 winners in each of eight categories (listed on coupon below)

The Home Furnishings Council will present an additional $1,000 to any magazine award winner who has used furnishings from a member of the Council. (Further details and a listing of all Council members will be included in the Entry Packet.)

HOW TO ENTER

1. Send for Contest Rules. Mail in the coupon (*right*) and we'll send you our Decorating Contest Entry Packet with complete details and an official entry form. Because projects take time, don't wait for the Entry Packet to begin your decorating.

2. When your project is complete, send us the final entry form along with before and after pictures and all cosponsor receipts that could make your project a winner.

3. **All final entries must be postmarked by January 4, 1994.**

4. We will select winners in April 1994, notify winners by mail, and publish a selection of winners.

DECORATING CONTEST ENTRY PACKET ORDER FORM

Please do not send photos or project plans with this preliminary entry form.
Send only one preliminary entry blank per family.

PRELIMINARY ENTRY FORM MUST BE POSTMARKED BY OCTOBER 1, 1993.

Be sure to check the box(es) that best describes the project(s) you plan to complete in 1993.

- ❑ 1. Living room
- ❑ 2. Dining area
- ❑ 3. Bedrooms: master bedroom or guest room
- ❑ 4. Child's bedroom/playroom/study
- ❑ 5. Outdoor room: porch/patio/deck/sunroom
- ❑ 6. Family room/great-room/kitchen
- ❑ 7. Den/home office
- ❑ 8. Whole-house redecorating

SEND $3.00 FOR POSTAGE AND HANDLING TO:
Better Homes and Gardens®/Home Furnishings Council℠,
DECORATING CONTEST, P.O. Box 9256, Des Moines, IA 50306

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Allow six weeks for delivery of final entry packet. Entrants must be residents of the U.S.A. and 18 years or older; void where prohibited. The $3.00 charge is waived for residents of Arizona, Maryland, and Vermont, and cosponsor prizes are void in these states.

BETTER HOMES AND GARDENS®/HOME FURNISHINGS COUNCIL℠

1993 *decorating contest*





These rooms won in 1992—could yours be winners too



ENTER FOR A CHANCE TO WIN...

$14,500 in Manufacturer Cash Awards Plus Merchandise Awards

Each of the following 26 companies is offering a cash award for the best use of its product in a decorating project. *(These prizes void in Arizona, Maryland, and Vermont.)*

Action Furniture *by Lane®*
Aristokraft®
Bassett Furniture
Benjamin Moore Paints
The Bombay Company
Broyhill Furniture Industries, Inc.
Eljer Industries
Frigidaire® Major Appliances
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WINDOW FASHIONS
Kmart Corporation
Lane® Cedar Chest
La Barge Mirrors, Inc.
La-Z-Boy
Lenox
Lineage Home Furnishings
Minwax® Company, Inc.,
Manufacturer of Wood Finishing Products
Pittsburgh Corning
PC GLASSBLOCK® Products
Philips Lighting Company
Pier 1 Imports
Professional Picture Framers Association
American Accents™
By Rust Oleum®
Beautyrest Sleepsets by Simmons
T-Fal Non-Stick Cookware
Tefal Appliances
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HERE'S A LISTING OF THE SPECIAL PRIZES FROM OUR COSPONSORS

ELJER INDUSTRIES will award an Eljer kitchen sink of the entrant's choice to the entrant who uses an Eljer bath product in the most becoming manner.

FRIGIDAIRE COMPANY offers one Frigidaire Ultrastyle microwave oven of choice to the entrant in both the Kitchen Division and Whole-House Division who displays the best use of a Frigidaire brand Ultrastyle product.

HUNTER DOUGLAS will refund the cost of the Hunter Douglas window fashions used by the Grand Prize winner in any ***one*** room of the house. Proof of purchase is required.

HUNTER FAN COMPANY will award one Hunter Ceiling Fan to the entrant selected as the best overall contestant using Hunter Ceiling Fans in their decorating project in the following divisions: Master bedroom/bath, Family room/great-room/kitchen, and Whole-house redecorating. Winners may choose a Hunter Fan of equal value to the one used in their decorating project or opt to receive a rebate for the purchase price. Proof of purchase is required. A total of three fans wil be awarded/refunded.

MINWAX® will provide an additional $500 cash prize for th best decorative use of Minwax® Wood Finish and/or WoodSheen® Woodtones Stain and Finish.

PIER 1 IMPORTS will award a $500 merchandise gift certifi cate for the best use of a Pier 1 product in a room setting. Th winner must use at least one major furniture item (e.g. settee, chair, table, dresser) and at least one accessory item, (e.g. lamp, vase, rug) from Pier 1 Imports.

PROFESSIONAL PICTURE FRAMERS ASSOCIATION will award a $100 gift certificate redeemable at any PPFA member shop to the one contest entrant in each category who demonstrat the best use of picture framing within their decorating scheme. All framing must be done at a PPFA member shop to qualify.

T-FAL will award the following Tefal appliances to the entran who best displays the use of T-Fal Cookware or Tefal Appliances in the Kitchen Division. The winner will receive Tefal Supercool Deep Fryer, a Tefal Elite Iron, a Tefal Classi 4-Slice Toaster, a Tefal Express Health Grill, and a Tefal Juicemaster. Suggested retail price of this set is $510.

WAVERLY® will award $500 to the contestant demonstratin the most creative use of wallpaper and borders. Also, Waverly will give an extra $500 award to the contestant wh makes the best use of Waverly's coordinated products, i.e. using fabric, wallcovering, and home fashions products.


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The woven texture, the simple style, the natural beauty of white wicker. Our Bristol Bedroom collection enlivens any bedroom, complements any personal style. With a quality and price that's a dream come true. Wake up to the possibilities of white wicker in the bedroom. Only from Pier 1.
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VIENNESE CHOCOLATE CAFÉ.

Rich, creamy tasting coffee with a touch of luscious chocolate.

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real-life decorating

It was a heartwarming job, sorting through thousands of entries in our *Better Homes and Gardens*®/Home Furnishings Council Decorating Contest. We saw great style and heard great stories. Best of all, we learned that dreams DO come true. This is how some of our winners did it, and how you can do it too.





PUT YOUR HANDS WHERE YOUR HEART IS

Our winning readers tore down walls, raised lots of dust, stripped furniture, and brushed on coats of paint. Building "sweat equity" frees up funds for better furnishings or fancier finishes, and it earns dividends in satisfaction and personal style.

SIMPLY PUT: SIMPLIFY, SIMPLIFY, SIMPLIFY

Across the country, folks—and their rooms—are lightening up. Even traditional decor no longer gets weighed down by yards of fabric, dizzying patterns, or stuffy attitudes. These light, airy schemes are easier to accomplish—easier to live with.

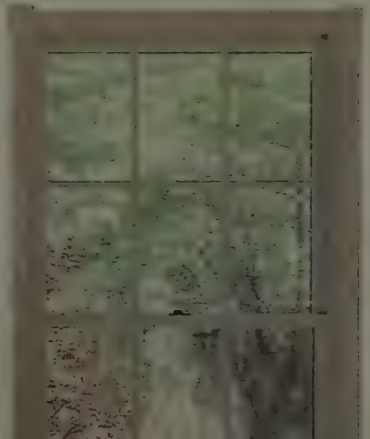
MAKE EVERY ROOM A "FAMILY" ROOM

We'll state the obvious: You don't decorate a room to decorate a room—you furnish it to make it live. Put comfort first, as our winners did, and find out just how easy decorating can be.



TURN SECONDHAND FINDS INTO SHOWPIECES

Yes, the second time around can be sweeter. Many winners saved cash and gained panache by mixing rescued older finds and beloved collectibles with new pieces.





To enter this year's Decorating Contest, see page 123.



The Flowerses, Hillsdale, Mich. Lynne and Jody Flowers' classic tale of love and redecorating could be called beauty and the budget. When the couple learned they would be blessed with a child, they had to find space in their five-room home—and fast. "I was very pregnant when we bumped out the kitchen," says Lynne. "Since the budget

cottage *cozy*





winning ideas

- **Use collectibles as decorators to pull together colors—even a room's identity. This blue-and-white china inspires European country charm.**
- **Whiten up. Lavish white paint—even on paneling or brick—to keep things light and to show off treasures.**
- **Don't walk on by. Scour estate sales and flea markets for bargains to refinish or re-cover. Here, once-tattered chairs live again with slipcovers.**



PHOTOGRAPHS KING AU



was so tight, we did all the up-front design and finishing work. Jody climbed ladders and scaffolding, I stayed close to the floor." The happy ending? A beautiful little girl named Kelsey, *and* a personal, heart-of-the-home room that cozies up to family or welcomes guests to the Flowerses' frequent dinner parties. To charm all of her rooms, Lynne tosses in a cottage-fresh mix of warm woods, fresh fabrics, and relaxed seating. What sets her rooms apart are the heartfelt touches she adds, whether they be winding stencils or favorite collectibles.



tradition with a *twist*

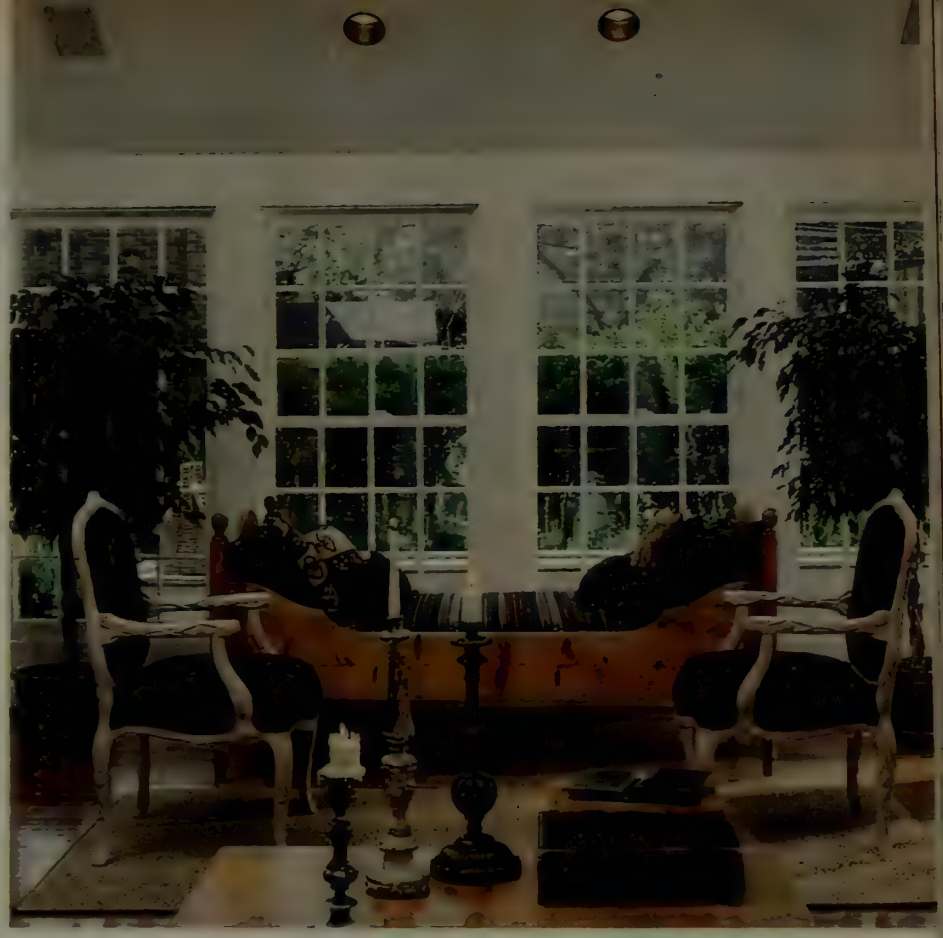


Larry Blair, Boston, Mass. We should have had a "heroic mention" category for Larry Blair. When he bought this 20-room duplex five years ago, it was "a wreck with potential." He looked past room after room of cracked plaster and gooped-up moldings to see a perfect display case for the antiques he'd been gathering since he was 14. This dining room is just one of the decorating diamonds he polishe from the rough. What makes it a winner? We like ho Larry broke with tradition, putting personal satisfactio over period perfection. Vivid green, snappy stripes, and mix of furniture bring the space ever so lovingly to life.



winning ideas

- **Sew up savings.** Fancy covers burden the windows and the budget. Try this easy solution: Sew a rod pocket on one long side of a length of fabric; shirr onto a painted dowel; create a swag effect with fabric rosettes.
- **Dig in.** Don't think you can do it yourself? Neither did Larry, until he read up on home repair and caught the spirit.
- **Do the unexpected.** The simple surprise of stripes on mahogany gets dramatic results.



The Cullens, Birmingham, Mich. This home is kidproof positive that you can live with style *and* children under 10. "My kids are the reason behind every decorating move," says Sara Cullen. To those who doubt hardwood floors, antiques, and kids mix, she adds, "Hardwoods are great for bike riding." Seriously, folks—and she has the (easy-to-clean) tread marks circling her kitchen island to prove it. To design family style, says this mom/designer/antiques sleuth, think about function and leave room for fun. In the family room, a Swedish trundle bed makes a sunny reading arena. If 3-year-old Kasey conks out before a story's end, it's a comfy nap spot. Nearby, two chairs sit pretty or make way for play on the wool, sisal-look rug.

clean and *serene*

winning ideas

- **Spend time; save money. Find antiques bargains by haunting markets in the early mornings, befriending dealers, and waiting out auction buys.**
- **Warm with age. An antique's history and patina give a home soul and one-of-a-kind style.**
- **Put architecture into the act. Invest in new windows for style, light, and warmth dividends. Great panes often don't need costly dressings.**
- **Dare to be spare. Your rooms will be serene and treasures will be standouts.**







The Fosses, Danville, Calif. This room passes the test of a truly great room: "It handles Nintendo fests or formal dinner parties," says Martha Foss. "People gravitate to it instantly—and they don't leave!" A do-it-all space that greets with open charms is just what Martha had in mind when she began studying additions, then drew up the plans herself, saving $3,000. "I wanted a bright, open space," she

open *and* friendly



winning ideas

- **Let your heart be your guide. Martha finds inspiration in magazines. She clips rooms she is drawn to, then finds elements that mimic them.**
- **"Age" a new room. Vintage shapes, fabrics, and collectibles create comforting connections.**
- **Open and shut cases. Shelves let you display your life and loves, but don't forget closed storage to corral clutter.**





says, "that has a lot of heart." Enter cottage woodwork and beloved English garden prints and china. To fill in the blanks, Martha relied on her creative spirit. "With my budget," she says, "I *had* to use my imagination." Undaunted by tough jobs, she took an adult-education class to learn to upholster a $5 garage-sale rocker. She sleuthed other bargains at discount stores (the "vintage" wicker is a catalog find) and furniture outlets (the hutch was damaged until husband Bob mended it). This anything's-possible attitude earns the ultimate prize: "We amaze friends with stories of how we did it ourselves."



Photographs: Jon Jensen. Regional editor: Helen Heitkamp



relaxed formality



The Sawkas, East Granby, Conn. When you open your mind to the possibilities, decorating ideas are all around you. Standing in the shell of her window-lined dining space, it dawned on Joyce Sawka that the best part of the room was the view to the great outdoors. The simple grace with which she invited the outdoors in is what makes this room a winner. "Peter and I wanted every dinner in here to be a special event," says Joyce. "Now each one is like a garden party." From the garden urn table base to the grove of greenery, the decorating elements she planted in this gracious greenhouse couldn't be simpler. Even the hushed color scheme quietly plays along, fading into the foreground to allow nature to steal the show through the bank of barely-dressed windows.



PHOTOGRAPHS: WILLIAM ST-TES; REGIONAL EDITOR: ESTELLE GURALNICK

winning ideas

- **Dine light.** Thanks to classic shapes and simple sophistication, this room dines formally without heavy (and expected) dark woods.
- **Get back to nature.** Earthy materials—a sisal rug, cotton swag, and suede seats—lend rooms simple grace.
- **Let there be sunlight.** Get the most of this decorating asset with window covers that stay out of the way. Here, pleated shades tuck discreetly under the swags.

The Keenans, Cheshire, Conn. When these decorating traditionalists had to relocate, Dorothy and Will Keenan hoped to buy another Cape Cod home. The budget and the Connecticut housing market insisted they buy a '50s ranch. It was time for an attitude adjustment. "We decided it was our chance to try an updated traditional look," says Dorothy. With her husband at work all day, this mother of two determined that to fast-forward her '50s rooms, she'd take matters into her own hands. "I found that with practice," says Dorothy, "a power saw is as easy to use as a sewing machine." So she sawed and sewed toward her decorating goal: "a light, bright home that would be comfortable for kids."





easygoing *elegance*

winning ideas

- **Freshen up. Put traditional furnishings in a new light with a mix of brightened up fabrics and painted woods.**
- **Make details count. A bit of dentil molding on the family room's built-in shelves warms the new space with a hint of history. Smatterings of antiques and old family photos enhance the connection.**
- **Define your terms. Tile in a classic pattern sets apart the home's only dining area in a friendly-formal way.**







happy *endings*



The Eichhorns, Stockton, Calif. This family's comfortable, pared-down design caught our eye, but it's their story that grabbed us by the heart. "My husband plays pro baseball so we moved every six months," says Suzanne Eichhorn. "We couldn't buy real furniture; my life had to fit in the back of a station wagon." Her thrifty sense of style paid off when they finally put down roots in this ranch. Starting from scratch with an unbudging budget, Suzanne turned a small room and handed-down furniture into a fun, relaxing family retreat using paint and fabric.

winning ideas

- **Get into shapes. A sturdy seat and good lines say a piece is worth recovering. Under yellow vinyl, Suzanne found a quality armchair.**
- **Choose fabrics wisely. A dose of bright fabric relaxes a mission chair; mixable checks go better on larger pieces.**
- **Invest in interior architecture. Charming shutters and an artful armoire give this nondescript room character.**

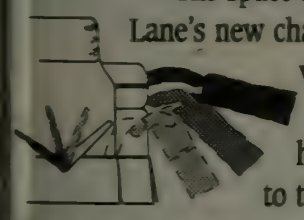




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Recipes begin on page 1

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BY MARGARET DALY AND LISA HOLDERNESS

sweet profits from a basement kitchen



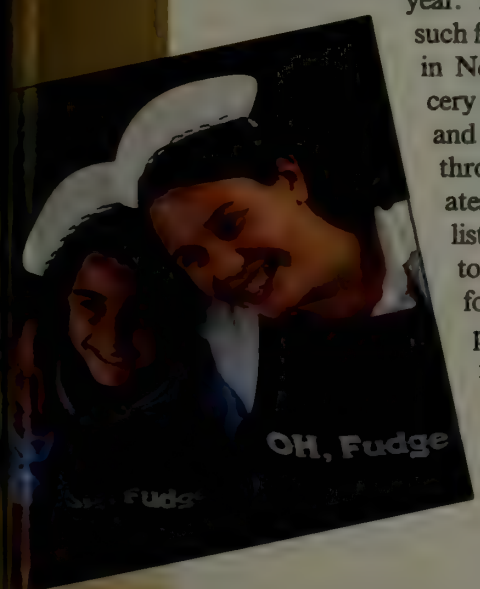
Ruth and Richard Roffers and their daughter, Susan Peters, check the fudge sauce as the kettle heats and stirs it.



Ruth Roffers has "always liked to be adventurous with food," she says. Little did she realize that her inclination would lead to a successful business in her home.

That's just what R&R Homestead Kitchen is today. Starting with stove-top experimentation in the late 1970s, Ruth, now 62, has developed a tidy little business selling ice-cream toppings. All R&R Homestead products are handmade in a little factory building in De Pere, Wisconsin, a small town of about 17,000 near Green Bay.

Ruth's business now grosses about $50,000 a year. Her products sell through such fancy retail outlets as Zabar's in New York City, in local grocery stores in Wisconsin, Texas, and Florida, and by mail through a small catalog she creates once a year. Her mailing list consists primarily of customers who read about her in food magazines and order products. "I've gotten a lot of nice free publicity," she says.



A better hot fudge topping. When Ruth's five kids went off to school in the late 1970s, she began "fussing around in the kitchen," as she describes it. Her quest was for a superior hot fudge topping. "I wanted to make a better hot fudge sauce than anything on the market," she says. "So I kept trying different ingredients and mixes, and giving it to the kids and friends. I finally came up with something that seemed just right. It was thick and creamy and delicious."

"I wanted to make a better hot fudge sauce than anything on the market. After lots of fussing in my kitchen, I came up with the right one."

She also sent samples to her sister-in-law in New York, who shared them with friends. "They kept voting my topping better than anything else they could buy in New York," says Ruth with great pleasure.

Many happy tasters suggested that Ruth go into business. "My husband, Richard, thought I was nuts," she says, "but in 1981 I put my foot down. He was about to buy another boat, and I told him that I wanted him to build me a basement kitchen so I could start my own business."

Richard, who worked at a local mill, went along with the deal. "I took a trip to Germany to visit relatives," says Ruth, "and when I returned, there was a wonderful little kitchen in the basement."

Before Richard started, he contacted a representative from the Wisconsin Department of Agriculture to find out what equipment and features

continued on page 142

continued from page 141

were legally required for a commercial kitchen. The kitchen cost about $1,150 to build (Richard did all the work himself), which included the supplies for heavy-duty electrical wiring, new plumbing, a double stainless-steel sink, a washable ceiling and wall coverings, tile floor, and a bathroom.

Ruth decided to name the business R&R Homestead Kitchen. "I've always liked the word homestead," she says, "and the R&R stands for Ruth and Richard—Ruth first, of course."

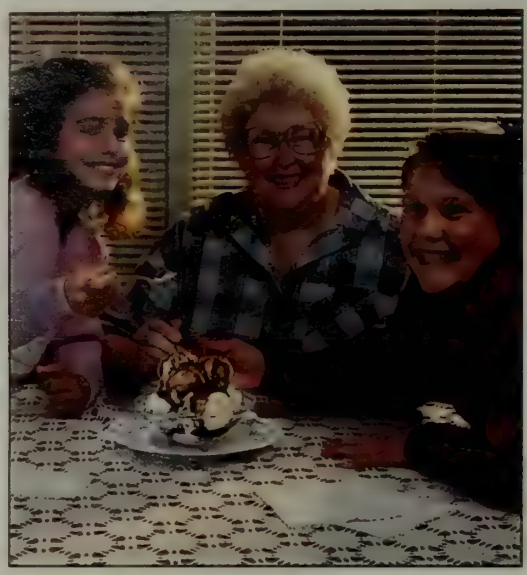
Richard cheerfully joined in, not just by building the kitchen, but also by distributing cases of product to local grocery stores and other outlets. Now retired and working part-time, Richard, 63, still helps where needed by making toppings and delivering them to retail stores.

Homemade and delicious. From the beginning, Ruth has given tender loving attention to her product. She cooked it by hand on the stove in her basement kitchen and hand-poured the product into jars. She uses premium quality cocoa and no preservatives, and customers swear by the product's smoothness.

The R&R Homestead label stresses "homemade," and adds that the topping is good for ice cream and all desserts. "Yesterday's Quality for Today's Taste" is the promise.

Ruth still hand-pours all products, but rising demand required her to get a commercial kettle (see photo, *page 141*). "Richard experimented with giant copper kettles, but they didn't work too well," says Ruth. "We finally settled on an institutional-type, steam-jacketed kettle, with an automatic agitator to stir the topping while it is cooking, that cost about $7,000."

They now use a giant blender to mix margarine and dry ingredients while the kettle warms up. The topping is simmered and stirred to just the right creamy consistency. "We used to use a candy thermometer to gauge when the topping was ready, but after so many batches, we can tell now just by looking," says Ruth. "Once the topping is ready, we pour it into hot jars," she explains. (See picture on *page 144*.) Richard also installed a power twister to screw on caps. This speeds up the process and helps to avoid blisters caused from holding hot jars.



Cousins Melissa and Angela Roffers dig in for a taste test with their grandmother, Ruth.

"We couldn't keep up with the demand," says Ruth about her hot fudge topping.



Ruth works on a new product in the kitchen at her Wisconsin home, where she launched her business in 1981.

Too much demand. Ruth's business began with selling her hot fudge topping through local stores. It took some doing, but she was able to keep up with the demand with a couple of helpers in her basement kitchen. Then Zabar's and other stores in New York started stocking R&R Homestead's Hot Fudge Topping.

"Our problem was that everyone loved the product," says Ruth. "We had three or four people cooking, and we couldn't keep up with the orders."

In 1984 they decided to move the operation to another building. The basement kitchen was too small. "We found a little factory building nearby," says Ruth. "We refer to it informally as our little fudge factory."

About a year later, Ruth began to develop other products. The hot fudge topping is still the best-seller, at a retail price of $3.25 for a 13.5-ounce jar. (New York stores charge about $6.00.) Other toppings she has developed are caramel scotch, bittersweet mint, and chocolate sauce. Each product touts the homemade-with-natural-ingredients approach. R&R Homestead Kitchen now sells about 24,000 jars of topping a year.

This energetic lady also started selling other homemade products through a mail-order flyer she sends out once a year. "I was baking fruitcake and a wonderful Christmas stollen," she says, "and we made old-fashioned glazed walnuts too. Then we started selling cheese and stuff, but it got to be too much. One year, I made 500 pounds of fruitcake for the stores and mail order. But I've cut way back since then. That was a lot to try to do."

Money problems. As with many small businesses, Ruth's problems grew as her business did. "We were successful overnight," she says. In trying to keep up with growing demand, she expanded to the factory and bought new equipment, including equipment for her baking. "For a while, I thought I could bake on weekends and make toppings during the week, but that got to be too much," she says.

Throughout, their cash flow simply didn't make it. Even with all the orders, they were in the red.

"One big problem was that we weren't charging enough," says Ruth. "We had no business experience and did not know how to set prices. We were practically giving our toppings away to begin with, at $24 for a case of 24 jars. We really got into a hole by charging so little."

continued on page 144

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SEAFOOD FETTUCINI

Serves 4

- 2 Tbsp. butter or margarine
- 4 tsp. flour
- 1½ c. half-and-half
- ¼ c. grated Parmesan cheese
- 1 pkg. Louis Kemp Crab Delights®
- 6 oz. cooked fettucini
- 1 Tbsp. fresh parsley, chopped

Melt butter, stir in flour. Gradually add half-and-half, stir until thickened. Add Parmesan; cook and stir until smooth. Fold in Crab Delights, heat 3 min., stir occasionally. Toss fettucini with sauce, sprinkle with parsley. Serve immediately.

For more exciting seafood recipes, call 1-800-522-1421 (M-F 9-4 CT)

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WORKING AT HOME

continued from page 142

Ruth soon found out that people would pay more for quality. The company raised prices, but still is not out of the red completely. "We're still struggling," she says, "but can see the light at the end of the tunnel."

At one point, they had to borrow money to buy equipment and to keep the business going. "My husband talked to the bank," Ruth says. "They loaned us what we needed. If we had had someone managing who knew business to begin with, we might not have gotten into a hole."



BUSINESS PROFILE

- **Located in De Pere, Wisconsin, R&R Homestead Kitchens sells homemade dessert toppings.**
- **Started at home in 1981.**
- **The business moved to a small factory space three years later.**
- **Annual gross is $50,000.**
- **Now sells 2,000 cases a year.**
- **R&R stands for Ruth and Richard.**
- **Staff: Ruth, Richard, daughter Susan, and one other employee.**

Today, daughter Susan Peters does the bookkeeping and helps make product. "She keeps all the books on a computer," says Ruth, "and we keep our customer list that way too." Richard continues to help, and they employ one other person.

Ruth still experiments with new food products. She also turned her home into a bed-and-breakfast six years ago, the R&R Homestead B&B. "We had three extra bedrooms with all the kids gone," she says. "Richard wasn't overjoyed about the idea at first, but with my success with the toppings, he didn't dare say no." Not surprisingly, the B&B thrives.

The following recipes are pictured on *page 140.*

R&R BROWNIES

For a luscious fudge flavor and a moist, chewy texture, Ruth Roffers stirs a jar of her fudge ice-cream topping into these signature brownies—

- **1¾ cups sugar**
- **1 cup margarine *or* butter, softened**
- **4 eggs**
- **2 tsp. vanilla**
- **1 13½-oz. jar fudge ice-cream topping (1¼ cups)**
- **2 cups chopped pecans *or* walnuts**
- **1½ cups all-purpose flour**
- **⅓ cup sifted unsweetened cocoa powder**
- **¼ tsp. baking powder**

● **In a mixing bowl combine** sugar, margarine or butter, eggs, and vanilla; beat with a wooden spoon or an electric mixer on medium speed till thoroughly combined. (Mixture will look curdled.) Stir in fudge topping. Stir in nuts, flour, cocoa powder, and baking powder till combined. Pour into a greased 13x9x2-inch baking pan.

● **Bake in a 350° oven** for 50 minutes or till a toothpick inserted near the center comes out clean. Cool on a wire rack. Cut into 48 pieces. Serve warm or at room temperature. Makes 48.

Nutrition information per brownie: *139 cal., 8 g fat, 18 mg chol., 2 g pro., 15 g carbo., 0 g fiber, 57 mg sodium.*

OLD-FASHIONED HOT-MILK CAKE

Fudge ice-cream topping doubles as a frosting atop velvety butter cake—

- **1 cup milk**
- **½ cup butter**
- **2 cups all-purpose flour**
- **2½ tsp. baking powder**
- **1½ cups sugar**
- **4 eggs**
- **1 tsp. vanilla**
- **½ tsp. lemon extract**
- **½ cup fudge *or* bittersweet (chocolate) mint ice-cream topping**

● **In a small saucepan heat** milk, butter, and dash *salt* over low heat just till butter is melted; set aside. Stir together flour and baking powder; set aside.

● **In a large mixer bowl beat** sugar and eggs with an electric mixer on medium-high speed 3 to 4 minutes or till thick and lemon-colored. Beat in vanilla and lemon extract. Gradually beat in flour mixture on low speed, then beat in the hot-milk mixture. (Batter will be thin.) Pour into a greased and floured 9-inch springform pan or 9x9x2-inch baking pan; set springform pan on a baking sheet.

● **Bake in a 350° oven** till a toothpick inserted near center comes out clean. Allow 50 to 60 minutes for springform pan or 45 to 50 minutes for 9x9x2-inch baking pan. Cool 15 minutes on wire rack; remove sides from springform pan or remove cake from square pan. Cool thoroughly on rack.

● **To serve, in a small saucepan heat** and stir ice-cream topping over low heat till warm. Spread atop cooled cake, letting some of the topping drip down the sides. Makes 12 servings.

Nutrition information per serving: *292 cal., 10 g fat, 93 mg chol., 5 g pro., 47 g carbo., 1 g fiber, 193 mg sodium.*

Easy Ideas for Ice-Cream Topping

- ***Ice Cream with R&R toppings:*** **Drizzle warmed fudge topping and caramel scotch toppings over vanilla ice cream and top with a maraschino cherry.**
- ***Fondue:*** **Heat topping over low heat in a fondue pot and serve with bite-size fruit and cake pieces for dippers.**
- ***Dessert waffles:*** **Top waffles with ice cream and warmed topping.**
- ***Hot cocoa:*** **Stir fudge topping into hot milk for cocoa and cold milk for chocolate milk.**
- ***Cake and éclair filling:*** **For layer cakes, spread topping between the cake layers. For éclairs pipe, topping inside each éclair or cut the éclairs in half and spread topping between the halves.**
- ***Quick icing:*** **Decorate cakes, ice-cream pies, fruit, and cookies with topping. If using fudge topping, warm slightly before drizzling.**

To order ice-cream toppings from the R&R Homestead Kitchen, write or call: R&R Homestead Kitchen, 803 Morning Glory Lane, De Pere, Wisconsin 54115; 414/336-8244.

Toppings are available in gift boxes of two 13.5-ounce jars for $10.00 per box (plus $4.00 UPS shipping for mainland U.S.A.). Flavors include hot fudge, caramel scotch, bittersweet mint, and chocolate sauce.

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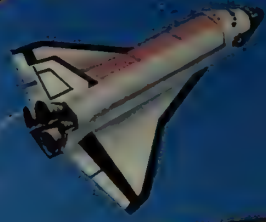


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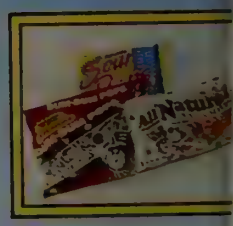
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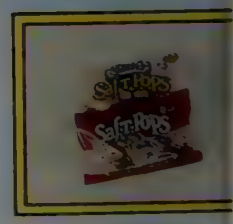
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DESSERTS FOR PASSOVER
Delicious for any occasion



gs and apricots sweeten this moist torte.



These fudgelike matzo brownies contain a splash of brandy.

Passover, a celebration of the Israelites' freedom from slavery, is rich in ceremonial foods. Tradition requires that matzo, an unleavened cracker, replaces bread during the Passover holidays. From this cracker comes matzo meal—the foundation of Passover baking.

Because no leavening agents are permitted during Passover, desserts based on matzo meal showcase the ingenuity of Jewish cooks. Enjoy one of these sweets for Passover or anytime. Look for matzo meal next to flour or where kosher foods are found at your supermarket.

FIG-APRICOT ALMOND TORTE

A nutty, country-style cake—

6 eggs
1 Tbsp. matzo meal
½ cup chopped dried figs
½ cup chopped dried apricots
1 cup ground almonds*
⅔ cup matzo meal
1 Tbsp. shredded orange peel
½ tsp. ground cinnamon
¾ cup sugar
¼ tsp. cream of tartar
¼ cup apricot preserves (optional)

Separate eggs. Grease the bottom of a 9-inch springform pan; sprinkle with the 1 tablespoon matzo meal.

In a large food processor bowl or blender container combine figs and apricots. Cover; process or blend till finely chopped. Add ground almonds, the ⅔ cup matzo meal, orange peel, and cinnamon. Cover; process or blend till combined.

In a large mixing bowl beat egg yolks with an electric mixer on low speed about 5 minutes or till thick and lemon-colored. Gradually add sugar, beating about 5 minutes more or till very thick. Stir in fig-apricot mixture.

Wash beaters thoroughly. In another large mixing bowl beat egg whites at low speed till foamy. Add cream of tartar and ¼ teaspoon *salt;* beat till stiff peaks form. Stir about ⅓ of the egg whites into the fig mixture. Fold the fig mixture into remaining whites. Pour batter into prepared pan; spread evenly. Bake in a 350° oven for 30 to 35 minutes or till a wooden pick comes out clean. Cool 10 minutes. Remove sides of pan; cool completely.

If desired, in a small pan heat preserves till melted. Brush atop cooled torte. Serve with *sweetened whipped cream* and garnish with *sliced dried apricots,* if desired. Serves 8 to 12.

**Note:* To make 1 cup ground almonds, place *¾ cup* whole blanched almonds in a food processor bowl. Cover; process just till finely ground.

Nutrition information per serving: *498 cal., 12 g fat, 160 mg chol., 12 g pro., 94 g carbo., 11 g fiber, 126 mg sodium.*

MATZO BROWNIES

In the Jewish custom, meat and dairy foods are not eaten at the same meal. Pareve (PAHR uh vuh), or neutral foods, such as eggs, are allowed. Margarine, if labeled pareve, is permitted—

4 oz. unsweetened chocolate
½ cup margarine (pareve)
2 cups sugar
4 eggs
1 cup matzo cake meal
1 Tbsp. brandy *or* water
¼ tsp. salt
½ cup chopped walnuts

In a saucepan melt chocolate and margarine over low heat. In a mixing bowl stir together chocolate mixture and sugar. Beat in eggs, one at a time, with an electric mixer on medium speed. Stir in matzo meal, brandy, and salt. Stir in nuts. Pour into a greased 9x9x2-inch baking pan. Bake in a 350° oven for 30 minutes. Cool. If desired, place doily atop brownies; sprinkle with *powdered sugar;* remove doily. Cut into bars. Makes 16 brownies.

Nutrition information per serving: *244 cal., 12 g fat, 53 mg chol., 4 g pro., 33 g carbo., 117 mg sodium, 0 g fiber.*

—with Lorraine Shapiro



FAST FRENCH FOOD

This colorful and easy salad is just one of 22 recipes in the latest "Quick and Easy Meals with California Ripe Olives" recipe booklet. Along with the Spaghetti Squash Dinner and White Bean & Smoked Turkey Salad pictured above, it features tasty, easy-to-prepare recipes your family will enjoy.

ROUGE ET NOIR SALAD

- 1 cup whole pitted California ripe olives
- 2 cups cherry tomatoes, halved
- 1/2 lb. small fresh mushrooms, sliced
- 1/2 cup vegetable or olive oil
- 1/4 cup vinegar
- 3 tablespoons chopped fresh basil
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon minced garlic
- 2 bunches watercress or assorted torn lettuces

Combine olives, tomatoes and mushrooms in bowl. Combine oil, vinegar, basil, cheese and garlic in jar, shake and pour over salad. Toss well and spoon onto watercress-lined salad plates.

Makes 4 to 6 servings (5 cups without greens).

Total preparation time: 15 minutes

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1 cup heavy whipping cream (n ultra pasteurized)

1 cup dairy sour cream

In a large bowl stir together wh ping cream and sour cream; mix th oughly. Serve immediately. Or, fo thicker crème, let stand, covered, room temperature 2 to 4 hours or cl overnight till thickened (this also velops a more tangy flavor). If thi ening at room temperature, cl before serving. Store, covered, in frigerator up to 1 week. Makes 2 cu

Nutrition information per tablespoon: *cal., 4 g fat, 13 mg chol., 0 g pro., carbo., 0 g fiber, 7 mg sodium.*

Using Crème Fraîche

- **Use in place of sour cream. Unli sour cream, it works well in hot dishes because it can boil without curdling.**
- **Substitute for whipping cream sour cream in cream soups.**
- **Combine with 1½ teaspoons snipped fresh herbs and serve ho or cold with fish or poultry.**
- **Dollop atop cakes and pies.**

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OOD

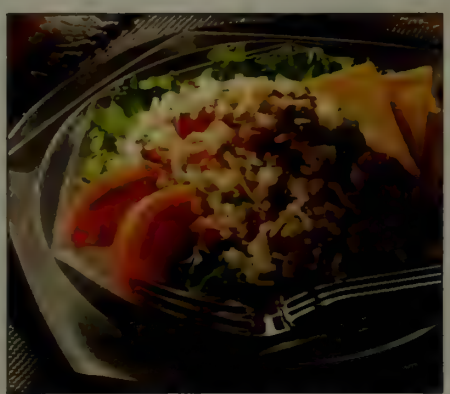
LENTIL GOODNESS
n a meatless salad

Fat free, high in fiber, rich in rotein, and quick cooking. These are ur good reasons to give tasty lentils a y in this vegetarian main-dish salad.

NTIL-RICE SALAD

ake ahead and chill, if desired—

- ½ cup dry lentils
- ½ cup long-grain rice
- ½ cup chopped red *or* green sweet pepper
- ½ cup shredded carrot
- ¼ cup thinly sliced green onion
- 3 Tbsp. olive oil
- ½ tsp. grated lemon peel
- 3 Tbsp. lemon juice



A healthful, high-fiber main-dish salad.

- 1½ tsp. fresh snipped basil
- Lettuce leaves
- 1 medium tomato, wedged
- 4 oz. cheddar cheese, sliced

Rinse and drain lentils. In a saucepan combine uncooked lentils and 2 cups *water.* Bring to boiling; reduce heat. Simmer, covered, 5 minutes. Add rice. Simmer 15 minutes more. Remove from heat. Let stand, covered, for 10 minutes. Drain. Rinse with cold water. Drain again. Combine lentil mixture, pepper, carrot, and onion. In a screw-top jar combine oil, lemon peel and juice, basil, and ¼ teaspoon *salt.* Cover; shake well. Pour over lentil mixture; toss. Cover; chill up to 24 hours. Serve on lettuce with tomato and cheese. Serves 4.

Nutrition information per serving: *352 cal., 16 g fat, 15 mg chol., 17 g pro., 38 g carbo., 6 g fiber, 293 mg sodium.*

10-YEAR STUDY REVEALS VITAMIN C OFFERS NATURAL PROTECTION AGAINST HEART DISEASE.



The results are startling. Based on the analysis of this l
government study, people consuming about 300 mg of Vit
every day may add good, healthy years to their lives. While
present recommended daily allowance is 60 mg of Vitamin
this analysis finds that there can be remarkable protection
heart disease when Vitamin C is consumed at the far great

Research tracked people for a decade. Beginning in th
1970s, the National Center for Health Statistics conducted
probe of the relationship between diet and health. They st
11,348 average American men and women, ranging in age
25 to 74, over the next ten years. Participants were represe
of the general population with regard to disease history, sn
habits, alcohol consumption and exercise, among other th

UCLA team analyzed results. A research team at UCL
School of Public Health found that Vitamin C may help ex
life expectancy. This study joins a body of scientific evider
showing a strong link between increased Vitamin C intake
improved health, including reduced risk of heart disease.

How to increase Vitamin C intake. Large amounts of
Vitamin C are found naturally in many of your favorite foo
drinks. 100% Pure Florida Orange Juice is a major, natural s
You can get up to 97 mg of Vitamin C from every 8-oz. gla
orange juice. So just two delicious glasses bring you two-t
the way towards the goal of about 300 mg of Vitamin C ea

Juice plus fruits and vegetables complete the natural

Look how much Vitamin C is in an average serving:

Orange Juice	97mg	Sweet Peppers	95mg	Asparagus	49
Grapefruit Juice	83mg	Strawberries	84mg	Grapefruit	41
Cantaloupe	113mg	Peas	77mg	Honeydew	32
Broccoli	97mg	Cauliflower	72mg	Raspberries	31
Brussels Sprouts	96mg	Orange	70mg	Tomato	22

Source United States Department of Agriculture

Well-rounded diet recommended. A healthy diet, wh
includes orange juice every day, appears to be a smart way
protect against heart disease and add good years to your l

**For a free booklet that provides further information on the UCL
and gives ideas on Vitamin C menu planning, write to: Vitamin
P.O. Box 148, Dept. A, Lakeland, FL 33802-0148.**

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CALIFORNIA PIZZAS

Thanks to California chef Wolfgang Puck, small, crisp pizzas with inventive toppings are the rage nationwide. To fix your own mini pizzas, start with frozen bread dough. Forget the tomato sauce, and use a vegetable or shrimp topping.

Recipes begin on page 166.

the *new* American classics

MOVE OVER MEAT LOAF. STEP ASIDE APPLE PIE.

Our food tastes have changed, so it's time to make room on our dinner plates for the "must have" recipes of the '90s. Today, we want bigger, better flavors, which often come from the ethnic ingredients now found in our markets. We want lighter, more healthful foods too, but won't give up an occasional splurge. Yes, we want it all—and it's all here in our collection of New American Classics.

BY LISA HOLDERNESS

Lighten up—it's a way of life

GRILLED CHICKEN SANDWICHES

This meal-in-a-bun has everything you love: lean, juicy chicken that's easy to grill, plus zesty Southwestern flavors.

Recipes begin on page 170.



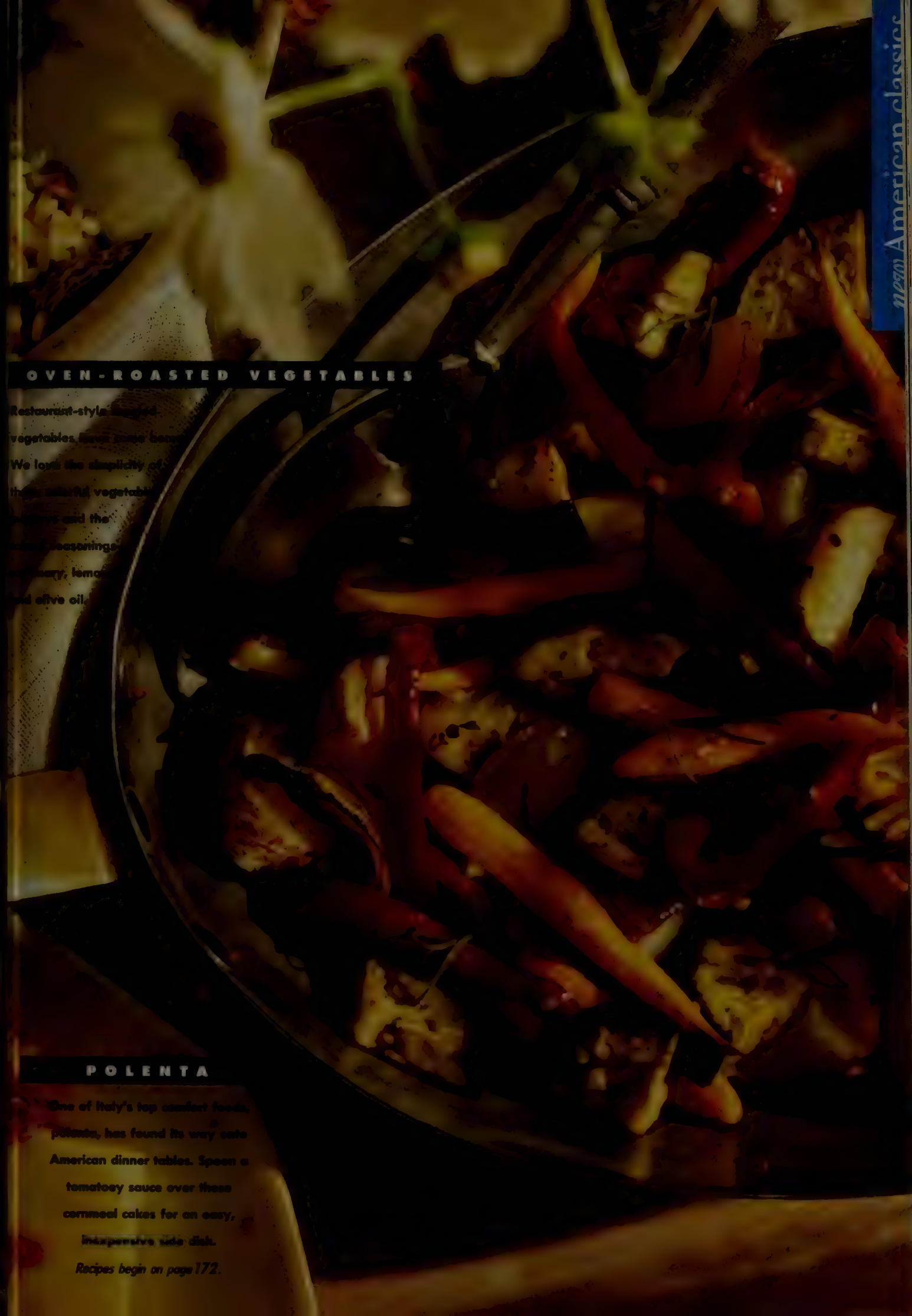
More and more families are enjoying vegetarian meals, meat lovers included. Traditional recipes such as pasta, minus the meat, rank high on our list.





Lemon-mint, orange-banana, and berry sorbets satisfy the sweet tooth *and* our desire to eat more healthfully.


RICE PILAF
Remember your grandma
was the same for the
cooked the vegetables and
happy to turn the rice into a
flavored pilaf.
Vegetables, fruits, and grains take center sta



OVEN-ROASTED VEGETABLES

Restaurant-style roasted vegetables have come home. We love the simplicity of these colorful vegetables and the seasonings: rosemary, lemon and olive oil.

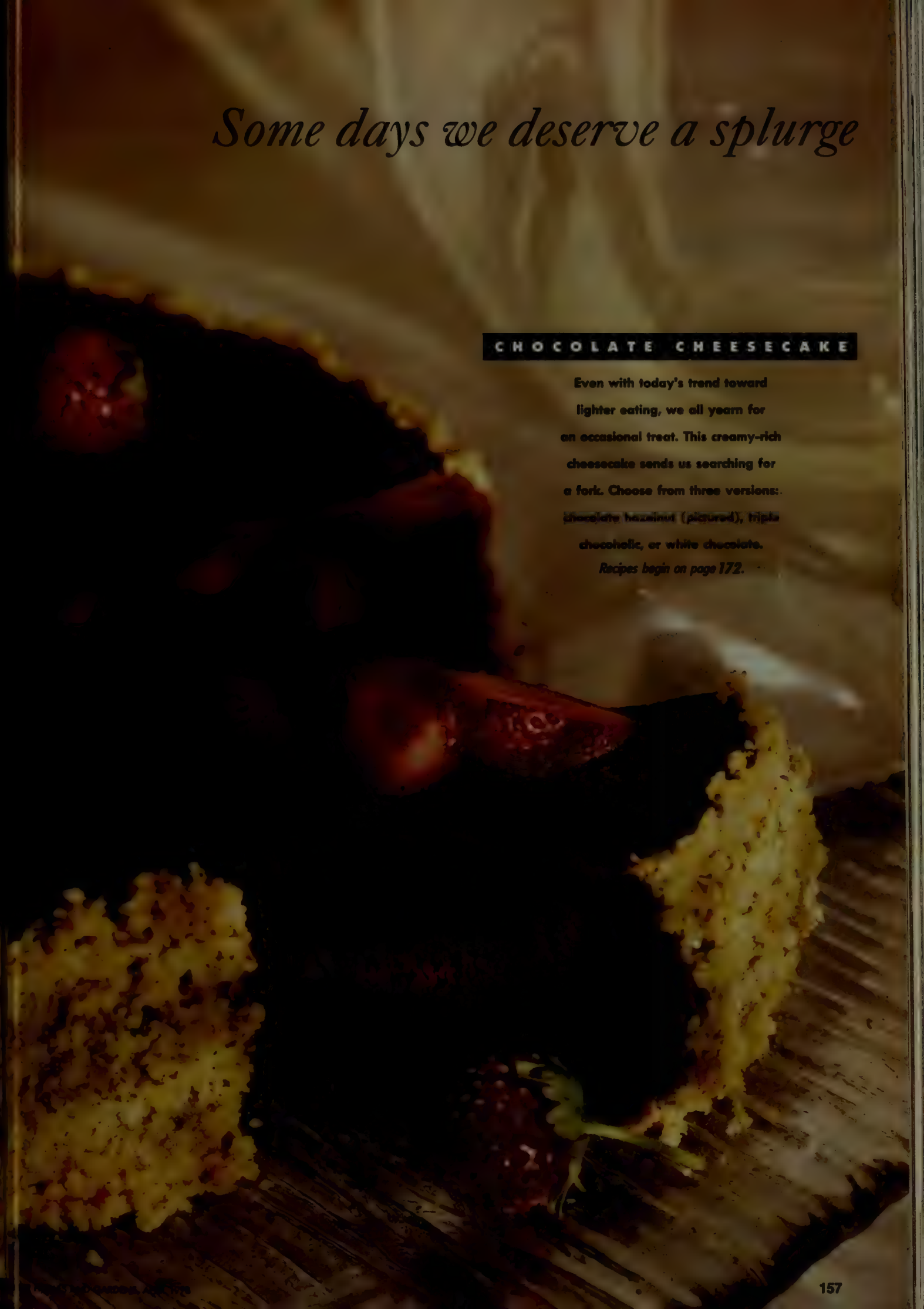
POLENTA

One of Italy's top comfort foods, polenta, has found its way onto American dinner tables. Spoon a tomatoey sauce over these cornmeal cakes for an easy, inexpensive side dish.

Recipes begin on page 172.


new American classics

Some days we deserve a splurge



CHOCOLATE CHEESECAKE

Even with today's trend toward lighter eating, we all yearn for an occasional treat. This creamy-rich cheesecake sends us searching for a fork. Choose from three versions: chocolate hazelnut (pictured), triple chocoholic, or white chocolate.

Recipes begin on page 172.



GREEK SALAD

Tangy feta ... olives give new meaning to tossed salad.

174

With biscuits as a national favorite, we now welcome the English version, scones, to our breadbasket.



Chefs nationwide keep improving on luscious French classics such as this custard topped with caramelized sugar.



Foreign foods are no longer foreign



Americans share Mexico's hankering for spicy foods. Want proof? Sample these trendy stuffed tortillas with salsa.



Busy families love cooking dinner in a wok—it's fast and nutritious. Stir-fry this peppery dish in minutes.



MEXICAN CATFISH WITH QUINOA

PHOTOGRAPHS: MARK THOMAS. FOOD STYLIST: A. J. BATTIFARANO

A Classic-To-Be for the 21st Century

Here's your chance to taste tomorrow's classic today. Recipes such as Mexican Catfish with Quinoa will grow in popularity, based on America's changing taste buds and food trends such as:

—Our growing wish for quality fish and seafood, which will boost demand for farm-raised fish such as catfish.

—Our desire for healthful foods, which we'll satisfy with a variety of grains, such as quick-cooking quinoa.

—Greater availability of Mexican imports in the U.S., including tomatillos and mangoes, due to the North-American Free Trade Agreement.

1 lb. fresh *or* frozen catfish *or* other white fish fillets
1 to 2 jalapeño *or* serrano peppers
½ cup chopped onion
1 Tbsp. cooking oil
5 *or* 6 fresh tomatillos, with husks removed, chopped (1 cup), *or* one 13-oz. can tomatillos, drained, rinsed, and chopped
¼ cup dry white wine *or* chicken broth
1 Tbsp. snipped fresh cilantro *or* parsley
1 tsp. sugar
½ tsp. ground cumin
¼ tsp. salt
1 large tomato, seeded and chopped (1 cup)
1 Tbsp. lime juice
2 Tbsp. toasted pumpkin seeds (optional)
Sliced jalapeño *or* serrano pepper (optional)
2 cups hot cooked quinoa *or* rice
1 Tbsp. snipped fresh cilantro *or* parsley
Mango slices (optional)
Lime slices (optional)

● **Thaw fish if frozen.** Separate fillets or cut into 4 serving-size portions. Rinse; pat dry with paper towels.

● **Wearing plastic gloves** or working under cold running water, cut the 1 or 2 jalapeño or serrano peppers in half horizontally; remove seeds and stems. Finely chop peppers.

● **For tomatillo salsa,** in a medium saucepan cook onion in hot oil till tender but not brown. Stir in chopped peppers, tomatillos, wine or broth, the first 1 tablespoon snipped cilantro or parsley, sugar, cumin, and salt. Bring to boiling. Reduce heat; boil gently, uncovered, for 8 to 10 minutes or till sauce is thickened. Stir in tomato. Remove from heat.

● **Meanwhile, place fish** in a greased 2-quart rectangular baking dish. Sprinkle with lime juice and ⅛ teaspoon *pepper.* Spoon salsa over fish. Bake, uncovered, in a 450° oven for 9 to 11 minutes or till fish flakes easily with a fork.

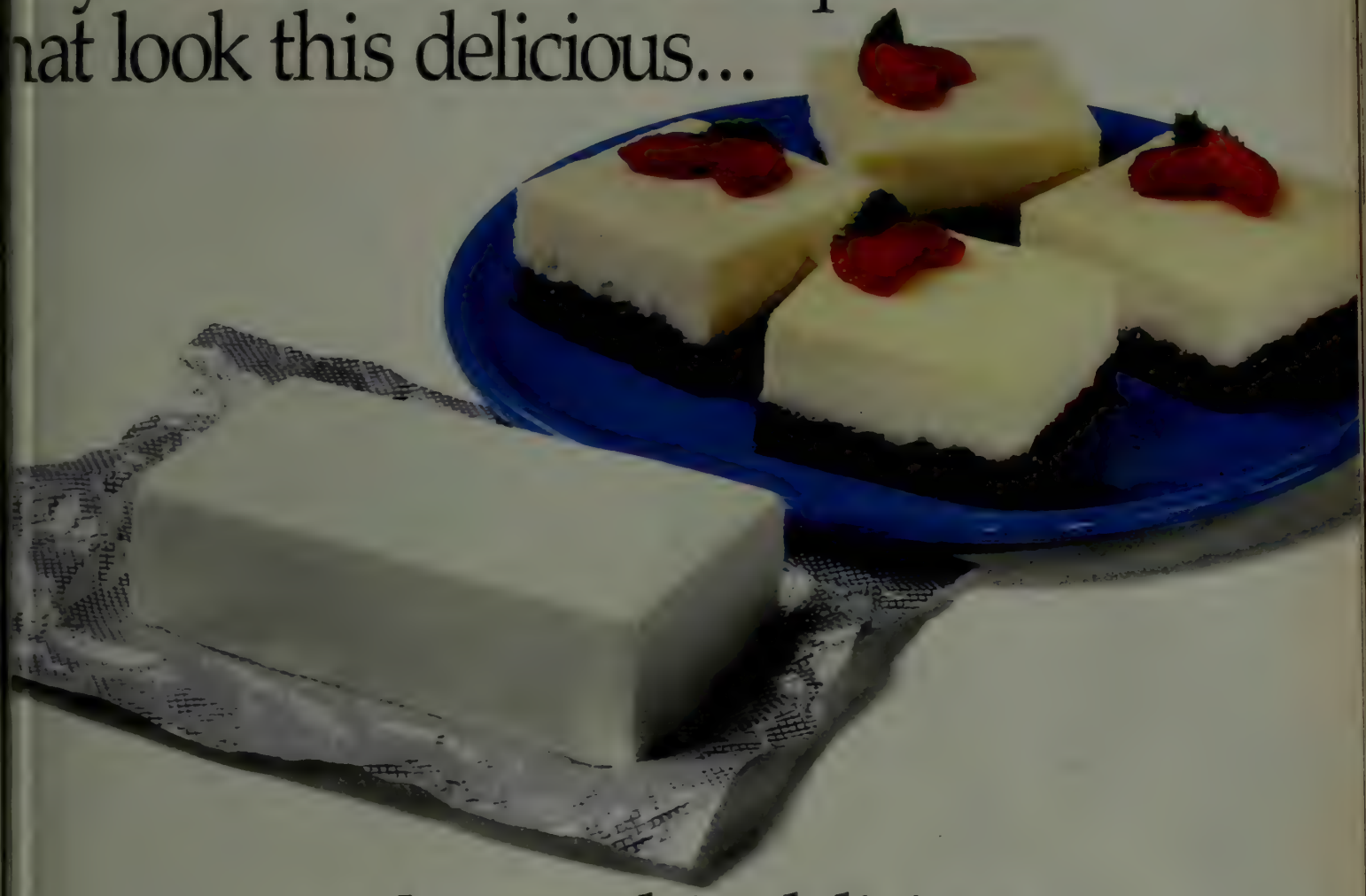
● **Transfer fish to a serving platter.** Spoon salsa atop fish; sprinkle with pumpkin seeds and sliced pepper, if desired. Stir remaining cilantro or parsley into cooked quinoa or rice. Serve fish with quinoa or rice mixture, mango slices, and lime slices, if desired. Makes 4 main-dish servings.

Nutrition information per serving: *270 cal., 8 g fat, 35 mg chol., 21 g pro., 28 g carbo., 2 g fiber, 271 mg sodium. RDA: 24% iron, 12% vit. A, 30% vit. C, 11% thiamine, 12% riboflavin.*

Note: When handling hot chili peppers, it is important to wear gloves or to work with hands under running water to protect skin from the oils in the peppers. Avoid direct contact with your eyes. When finished handling the peppers, wash hands thoroughly.

continued on page 164

asty cream cheese is great for making asy cream cheese fruit squares hat look this delicious...



...and taste this delicious.

So try creamy, rich cream cheese in this easy recipe and see just how delicious it can look—and taste—for yourself.

y Cream Cheese Fruit Squares

s about 24 squares)

- p sugar, divided
- p butter
- ps graham ker crumbs
- 3 packages (8 oz. each) cream cheese
- 4 eggs
- 1 tsp. vanilla extract
- 1 (21 oz.) can blueberry filling or topping

at oven to 325°F. To prepare crust: In a medium saucepan place sugar and butter; heat until butter is melted, stirring occasionally. graham cracker crumbs; press mixture evenly over the bottom of a n. baking pan. In a large bowl with an electric mixer beat cream e until smooth. Gradually beat in remaining ¾ cup sugar. Beat in one at a time, and vanilla, until well blended. Spoon blueberry fill- venly over crust. Carefully pour cream cheese mixture over blue- es. Bake just until set, 45 to 50 minutes. Cool. Chill until cold, 2 hours or longer. Cut into 24 squares. Serve garnished with straw- halves or mint leaves, if desired.



America's Dairy Farmers
© National Dairy Board 1992



HEAVENLY CHOCOLATE CAKE

1 package (2-layer size) chocolate cake mix
½ cup unsweetened cocoa
3 eggs
1⅓ cup water
1 cup MIRACLE WHIP or MIRACLE WHIP LIGHT Dressing

Heat oven to 350°F. Stir cake mix and cocoa; add remaining ingredients. Beat at medium speed with electric mixer until blended. Pour into greased and floured 13x9-inch baking pan or 2 (9-inch) round cake pans. Bake 30 to 40 minutes or until toothpick inserted in center comes out clean. Cool and frost as desired. Makes 12 servings.

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CHOCOLATE CARAMEL BARS

2 eggs
¾ cup each granulated sugar and firmly packed brown sugar
½ cup MIRACLE WHIP or MIRACLE WHIP LIGHT Dressing
1 teaspoon each vanilla and baking soda
2 cups flour
1 package (14 ounces) KRAFT Caramels
¼ cup milk
1 cup each BAKER'S Semi-Sweet Real Chocolate Chips & chopped pecans

Heat oven to 350°F. Beat eggs, sugars, dressing and vanilla at medium speed with electric mixer; add flour and baking soda. Set aside 1 cup of the batter. Spread remaining batter into lightly greased 13x9-inch baking pan. Bake 12 to 15 minutes or until lightly browned. Cool 10 minutes. Melt caramels with milk in heavy saucepan over low heat, stirring frequently until smooth. Top crust with caramel mixture; sprinkle with chips and pecans. Spoon reserved 1 cup batter by teaspoonfuls over pecans. Continue baking 12 to 15 minutes or until lightly browned. Cool; cut into squares.

SHOPPING FOR TODAY'S TRENDY INGREDIENTS


Mango


Mesclun


Tomatillo

The "American Classics" story, beginning on page 151, features some of today's most popular ingredients. Read on to find out more about these products and where to find them—

Aromatic rices: Basmati and Texmati are two of the most common aromatic rices. Both are known for their fabulous aromas that arise during cooking, reminiscent of nuts toasting or popcorn popping. Basmati rice is a staple in Indian cooking and has slender, white grains. Texmati rice is the Texas-grown version of basmati and is often less expensive. Both are available in the rice section of grocery stores or in specialty food markets.

Bean sauce: This thick sauce, made from fermented soybeans, has a salty, full-bodied flavor. It is made with either whole or ground beans and varies in color and texture. Look for bean sauce or bean paste (bean paste is very similar to bean sauce and the two can be used interchangeably) in the oriental section of grocery stores or in oriental markets.

Chili oil: This oriental oil, flavored with chili peppers, is used as a seasoning. It adds a fiery flavor to dishes. You can find this in the oriental section of grocery stores or in oriental markets. If you can't find chili oil, make your own: In a small saucepan, heat ⅓ cup *cooking oil* and 2 tablespoons *sesame oil* to [illegible]. Remove from heat and stir in 2 tablespoons *ground red pepper.* Cool. Strain. Cover and store in the refrigerator. Bring to room temperature before using.

Dried mushrooms: Available in the produce or oriental sections of grocery stores, dried mushrooms come in several varieties. The more common ones are morel, wood ear, oyster, shiitake, chanterelle, and cèpe (porcini). Because of the many varieties, dried mushrooms vary in appearance, size, and flavor. Once rehydrated, dried mushrooms swell into tender morsels that add a distinctive flavor and texture to stir-fries, pasta sauces and other savory sauces, salads, and soups.

Feta cheese (FEHT uh): A soft, white crumbly cheese, feta has a sharp, salty flavor. This Greek cheese is made from cow's, sheep's, or goat's milk (or a combination of these) and is cured in salt brine. Feta cheese also comes in flavored varieties, such as basil and dried tomato. Look for all varieties in the dairy or deli department of grocery stores. Crumble feta cheese atop pizzas, salads, and soups.

Goat cheese (chèvre): Any cheese made from goat's milk can be called chèvre. Originally French, goat cheeses often have a distinctive tangy flavor. They come in a number of shapes, such as logs and cones. The texture can also vary. Soft goat cheese is creamy and spreadable, which works well for dips and spreads. Semi-soft is a firmer consistency, which holds its shape when sliced. Look for goat cheese in the dairy or deli department of grocery stores or specialty food markets.

Imported black olives: This term is used for many different olives, mostly from Greece, France, and Italy. Two of the most popular black olive varieties imported to the United States are Greek kalamata and French niçoise olives. They are usually sold with the pits intact. Look for imported black olives where domestic olives are sold or in the specialty ingredient section of grocery stores or in specialty food markets. The difference between California-grown ripe olives and imported olives is mainly the flavor. Imported olives tend to be more pungent in flavor and often saltier, especially if they're salt-cured or packed in brine.

Italian-style tomatoes: Called plum or Roma tomatoes as well, these oval-shaped, red or yellow tomatoes are thick and meaty. They have small seeds, little juice, and a mild, rich flavor. Available fresh and canned, Italian-style tomatoes are especially good for sauces and on pizzas.

Mango: An oval, round, or kidney-shaped tropical fruit, mangoes have green to yellow skin tinged with red

continued on page 16

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SHOPPING FOR TODAY'S TRENDY INGREDIENTS

continued from page 164

depending on the variety. Expect a spicy peach flavor with a perfumy aroma. In the middle of their golden flesh is a large seed that clings tenaciously to the meat. Mango season is March through September. Look for fresh or canned mangos at your grocery store or in ethnic markets.

Mesclun: Mesclun is a mix of baby lettuces that are sold together in a bunch. The lettuces that are included in the blend vary with the season, but you'll always find a combination of flavors, textures, and colors. Some popular mesclun greens include dandelion leaves, rocket, red chicory, and watercress. Look for mesclun in your grocery store or purchase seeds from a greenhouse to plant your own.

Quinoa (kih NO uh): A tiny, high-protein, calcium-rich grain. This pale yellow grain, which is cooked in the same way as rice, has a crunchy texture and a subtle nutty taste. Look for quinoa near the rice in grocery stores or try a health food store.

Roasted sweet peppers: Fresh sweet peppers are often roasted to soften the flesh and make the skin easier to remove. You can roast any color of sweet pepper yourself (see roasting directions, *far right*) or purchase them already roasted in jars.

Szechwan pepper: Whole Szechwan peppers are tiny, reddish-brown berries that are not related to black peppercorns. They give dishes an aromatic, tongue-tingling spiciness. Look for them in the spice section of grocery stores, specialty food shops, or oriental markets. You can also substitute whole black peppercorns.

Tomatillo (toe muh TEE yo): This small, olive-green fruit is very popular in Mexican and Tex-Mex cooking. Tomatillos come with a thin, papery, brown husk, which needs to be peeled off before using. Despite the name and appearance, tomatillos are not related to tomatoes. Their texture is similar to that of a firm tomato but their flavor is is pungent and rather acidic, with hints of lemon and apple. Purchase tomatillos fresh or canned in grocery stores and Mexican markets.

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NEW AMERICAN CLASSICS

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CALIFORNIA PIZZAS

These mini pizzas burst with color and flavor. Choose from either a roasted sweet pepper and chèvre topping or a shrimp and pesto topping—

1 16-oz. loaf frozen whole wheat *or* white bread dough
2 Tbsp. yellow cornmeal
3 Tbsp. olive oil *or* cooking oil
¼ tsp. crushed red pepper *or* ⅛ tsp. ground red pepper
3 medium red, yellow, *and/or* green sweet peppers, roasted* and cut into 1-inch-wide strips, *or* one 12-oz. jar roasted sweet peppers, drained and cut into 1-inch-wide strips
1 large tomato, chopped
1 medium onion, cut into very thin wedges and separated into strips
6 oz. semi-soft goat cheese (chèvre) *or* feta cheese, crumbled or cut up (1½ cups)
10 black olives, such as kalamata *or* ripe olives, pitted and quartered lengthwise
3 to 4 Tbsp. fresh oregano leaves *or* snipped fresh basil**
1½ cups shredded mozzarella cheese (6 oz.)

● **Thaw bread dough.** On a lightly floured surface, divide dough into 8 pieces. Cover; let dough rest for 10 minutes. Roll each piece into a 6-inch circle. Grease 2 extra-large baking sheets; sprinkle with cornmeal. Transfer dough circles to baking sheets. Bake in a 450° oven for 5 minutes. Remove baking sheets from the oven; place on wire racks to cool.

● **Meanwhile, stir together** olive oil or cooking oil and crushed or ground red pepper. Brush the mixture onto the crusts. Top with roasted peppers, tomato, onion, goat cheese or feta cheese, and olives. Sprinkle pizza with the shredded mozzarella cheese.

● **Bake in a 450° oven** for 5 to 7 minutes more or till mozzarella is golden brown and crusts are crisp. Before serving, sprinkle with fresh oregano or basil. Makes 8 main-dish servings.

***To roast peppers:** Halve peppers; remove stems, membranes, and seeds. Place peppers, cut side down, on foil-lined baking sheet. Bake in a 425°

continued on page 16



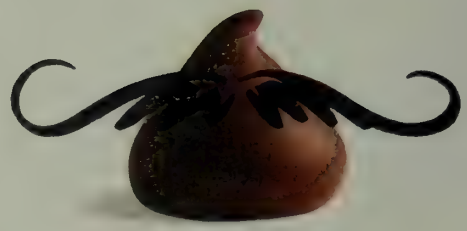
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Ready-Crust

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It's Hard To Resist Somethine

continued from page 166

oven for 20 to 25 minutes or till skin is bubbly and brown. Place in a clean brown paper bag; seal and let stand for 20 to 30 minutes or till cool enough to handle. Pull off skin gently and slowly, using a paring knife.

***Note:** You can substitute 1 tablespoon dried oregano or basil, crushed, for the fresh options. Instead of sprinkling it atop the pizzas, stir the dried herb into the olive oil mixture before brushing it onto the crusts.

***Nutrition information per serving:** 323 cal., 16 g fat, 22 mg chol., 15 g pro., 32 g carbo., 7 g fiber, 462 mg sodium. RDA: 27% calcium, 19% iron, 33% vit. A, 86% vit. C, 24% thiamine, 23% riboflavin, 18% niacin.*

***Shrimp and Pesto Pizzas:** Roll out and prebake the crusts on baking sheets as directed for California Pizzas. For the topping, omit olive oil, crushed red pepper, roasted peppers, goat cheese or feta cheese, chopped tomato, and olives.

Instead, peel and devein 1½ pounds fresh medium *shrimp*. Cook shrimp in boiling water for 1 to 3 minutes or till pink. Drain; halve shrimp lengthwise. Spread each crust with 1 tablespoon *pesto*. Thinly slice 8 *Italian-style (plum) tomatoes*. Top crusts with tomato slices, cooked shrimp, and onions. Sprinkle each with mozzarella cheese. Bake as directed. Before serving, sprinkle with fresh oregano leaves.

***Nutrition information per serving:** 369 cal., 17 g fat, 101 mg chol., 23 g pro., 34 g carbo., 7 g fiber, 554 mg sodium. RDA: 25% calcium, 25% iron, 10% vit. A, 20% vit. C, 24% thiamine, 18% riboflavin, 26% niacin.*

VEGETABLE LASAGNA

Serve a meatless pasta meal, featuring lower-fat cheeses for your next gathering. This four-cheese lasagna can be prepared up to 2 days in advance—

- **8 oz. lasagna noodles (10 *or* 11 noodles)**
- **2 beaten eggs**
- **2 cups lower-fat cream-style cottage cheese**
- **2 cups lower-fat ricotta cheese**
- **1½ tsp. dried Italian seasoning, crushed**
- **2 cups sliced fresh mushrooms**
- **1 small onion, chopped (⅓ cup)**
- **1 clove garlic, minced**
- **2 Tbsp. margarine *or* butter**
- **2 Tbsp. all-purpose flour**
- **½ to 1 tsp. pepper**
- **1¼ cups milk**
- **2 10-oz. pkg. frozen chopped spinach *or* chopped broccoli, thawed and thoroughly drained**
- **1 medium carrot, shredded (½ cup)**
- **¾ cup shredded Parmesan cheese (3 oz.)**
- **1 8-oz. pkg. shredded part-skim mozzarella cheese (2 cups)**

● **Cook lasagna noodles** according to package directions; drain. Set aside.

● **In a medium mixing bowl combine** eggs, cottage cheese, ricotta, and Italian seasoning. Set aside.

● **In a large skillet cook** mushrooms, onion, and garlic in hot margarine or butter till tender. Stir in the flour and pepper; add milk all at once. Cook and stir till thickened and bubbly; cook and stir for 1 minute more. Remove from heat. Stir in the spinach or broccoli, carrot, and *½ cup* of the Parmesan cheese.

● **To assemble,** in a greased 3-quart rectangular baking dish, layer a *third* of the noodles, folding or cutting to fit, if necessary. Spread with a *third* of the cottage cheese mixture, then a *third* of the spinach mixture. Sprinkle with a *third* of the mozzarella. Repeat the layers 2 more times. Sprinkle with the remaining ¼ cup Parmesan cheese. Bake lasagna immediately or chill for up to 48 hours.

● **To serve immediately,** bake, uncovered, in a 350° oven for 35 minutes or till heated through. Let stand for 10 minutes before cutting.

● **To make ahead,** cover the lasagna with foil and chill. Bake, covered, in a 350° oven for 30 minutes. Uncover and bake 30 to 35 minutes more or till heated through. Let stand for 10 minutes before cutting. Makes 12 main-dish servings.

***Nutrition information per serving:** 275 cal., 10 g fat, 61 mg chol., 22 g pro., 24 g carbo., 1 g fiber, 471 mg sodium. RDA: 48% calcium, 14% iron, 78% vit. A, 12% vit. C, 17% thiamine, 40% riboflavin, 12% niacin.*

continued on page 170

THE PHILLY® cream cheese
3-STEP CHEESECAKE RECIPE.
10 MINUTES TO PREP IN 3 SIMPLE STEPS WITH A KEEBLER® READY-CRUST®

MIX

◆ 2 (8 oz.) pkgs. PHILLY cream cheese, softened*
◆ ½ cup sugar
◆ ½ teaspoon vanilla (at medium speed until well blended)
◆ Blend in 2 eggs
◆ Stir in ½ cup mini semi-sweet chocolate chips

POUR

batter into a KEEBLER READY-CRUST Graham Cracker pie crust (6 oz.). Sprinkle with ¼ cup mini semi-sweet chocolate chips. No springform pan needed.

BAKE

at 350°F. for 40 minutes, or until center is almost set. Cool. For best results refrigerate for 3 hours. 8 servings.

*or use Light PHILLY®

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continued from page 169

FRUIT SORBET

Frozen juice concentrates make these three fruit ices a breeze to make. For a colorful dessert, serve mini scoops of all three ices layered in a goblet with fresh fruit as shown on page 153—

2¾ cups water
¼ cup sugar
½ of a 12-oz. can frozen orange-banana-pineapple juice concentrate *or* orange juice concentrate (¾ cup)
1 tsp. finely shredded orange peel

● **In a small saucepan combine** the water and sugar. Heat and stir mixture till sugar is dissolved. Cool to room temperature.

● **Add the frozen concentrate** and the orange peel; stir till the concentrate is dissolved. Freeze in a 1- or 2-quart ice-cream freezer according to the manufacturer's directions. Makes about 1 quart or 8 (½-cup) servings.

Nutrition information per ½-cup serving: *63 cal., 0 g fat, 0 mg chol., 1 g pro., 15 g carbo., 0 g fiber, 3 mg sodium. RDA: 35% vit. C.*

Cranberry-Raspberry Sorbet: Prepare the Fruit Sorbet as directed, *except* increase the sugar to *½ cup,* substitute *half* of a 12-oz. can frozen *cranberry-raspberry juice concentrate* for the frozen orange-banana-pineapple juice concentrate, and omit the finely shredded orange peel.

Nutrition information per ½-cup Cranberry-Raspberry Sorbet: *86 cal., 0 g fat, 0 mg chol., 0 g pro., 22 g carbo., 0 g fiber, 6 mg sodium. RDA: 38% vit. C.*

Lemon-Mint Sorbet: Prepare Fruit Sorbet as directed, *except* add 1 cup *fresh mint leaves,* crushed, to the dissolved sugar-water mixture. Cover and simmer for 10 minutes more. Strain into a large mixing bowl; discard mint.

Continue as directed, *except* substitute one 6-ounce can *frozen lemonade concentrate* for the orange-banana-pineapple juice concentrate and finely shredded *lemon peel* for the finely shredded orange peel.

Nutrition information per ½-cup Lemon-Mint Sorbet: *78 cal., 0 g fat, 0 mg chol., 0 g pro., 20 g carbo., 1 g fiber, and 4 mg sodium. RDA: 13% iron, 25% vit. C.*

GRILLED CHICKEN SANDWICHES

Grilling chicken breasts with mesquite wood adds a wonderful smoky aroma and flavor—

Mesquite wood chunks *or* chips
¼ cup nonfat mayonnaise *or* salad dressing
1 tsp. white wine Worcestershire sauce
½ tsp. finely shredded lime *or* lemon peel
4 skinless, boneless chicken breast halves (1 lb.)
2 Tbsp. white wine Worcestershire sauce
¼ to ½ tsp. garlic pepper
⅛ tsp. salt
½ cup shredded part-skim mozzarella cheese (2 oz.)
4 whole wheat hamburger buns *or* hard rolls, split and toasted
4 tomato slices
½ of a large avocado, halved, seeded, peeled, and thinly sliced

● **Cover mesquite wood chunks** or chips with water and soak for at least 1 hour before grilling.

● **Meanwhile, for lime mayonnaise,** in a small mixing bowl combine mayonnaise or salad dressing, the 1 teaspoon Worcestershire sauce, and lime or lemon peel. Cover; chill till needed.

● **Rinse chicken;** pat dry with paper towels. Place each chicken piece between 2 sheets of plastic wrap; pound with flat side of a meat mallet to flatten slightly (about ½ inch thick). Brush both sides of chicken with the 2 tablespoons Worcestershire sauce; sprinkle with garlic pepper and salt.

● **Drain wood chips or chunks.** Sprinkle wet chunks or chips over preheated coals. Grill chicken on an uncovered grill directly over *medium* coals for 5 to 7 minutes or till no longer pink, turning once. Sprinkle each piece of chicken with cheese; grill just till cheese is melted.

● **(Or, to broil chicken,** omit wood chips or chunks. Place chicken on the unheated rack of a broiler pan. Place under the broiler, 4 to 5 inches from the heat. Broil for 5 to 7 minutes or till no longer pink, turning once. Remove from the oven. Sprinkle each piece of chicken with cheese. Return to oven; broil just till cheese is melted.)

● **To serve, spread** the cut side of bottom halves of buns with mayonnaise mixture. Place cooked chicken atop. Top each with more mayonnaise mixture, a tomato slice, 1 to 2 avocado slices, and top halves of buns. Makes 4 main-dish servings.

Nutrition information per serving: *330 cal., 11 g fat, 67 mg chol., 29 g pro., 28 g carbo., 2 g fiber, 695 mg sodium. RDA: 21% calcium, 16% iron, 25% thiamine, 23% riboflavin, 72% niacin.*

RICE PILAF

For more information on basmati and Texmati rices, see Shopping for Today's Trendy Ingredients on page 164—

¾ cup sliced fresh morel mushrooms; sliced, rehydrated dried morel mushrooms*; *or* sliced fresh button mushrooms
1 Tbsp. cooking oil
1 cup basmati, Texmati, *or* long grain rice
2 tsp. instant chicken bouillon granules
⅛ tsp. pepper
2 cups water
1 Tbsp. snipped fresh thyme, sage, *or* oregano *or* 1 tsp. dried thyme, sage, *or* oregano, crushed
1 cup sliced green onions
1 medium carrot, shredded (½ cup)
Fresh thyme sprigs (optional)

● **In a large saucepan cook** mushrooms in hot oil over medium heat for 3 to 5 minutes or till tender. Stir in rice, bouillon granules, and pepper. Carefully add water. Stir in thyme, sage, or oregano.

● **Bring to boiling;** reduce heat to medium-low. Simmer, covered, for 15 minutes or till water is absorbed and the rice is tender. Stir in green onion and carrot. Cover and cook for 5 minutes more. Spoon into a serving dish and sprinkle with thyme sprigs, if desired. Makes 6 side-dish servings.

Note: To rehydrate dried mushrooms, cover with warm water; let soak about 30 minutes. Rinse well; squeeze to drain thoroughly. You'll need about ⅓ cup dried morel mushrooms to end up with ¾ cup rehydrated mushrooms.

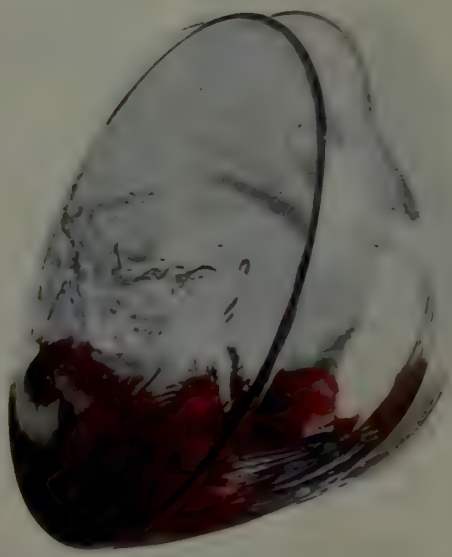
Nutrition information per serving: *143 cal., 3 g fat, 0 mg chol., 3 g pro., 27 g carbo., 1 g fiber, 296 mg sodium. RDA: 12% iron, 36% vit. A, 19% thiamine, 12% niacin.*

continued on page 172

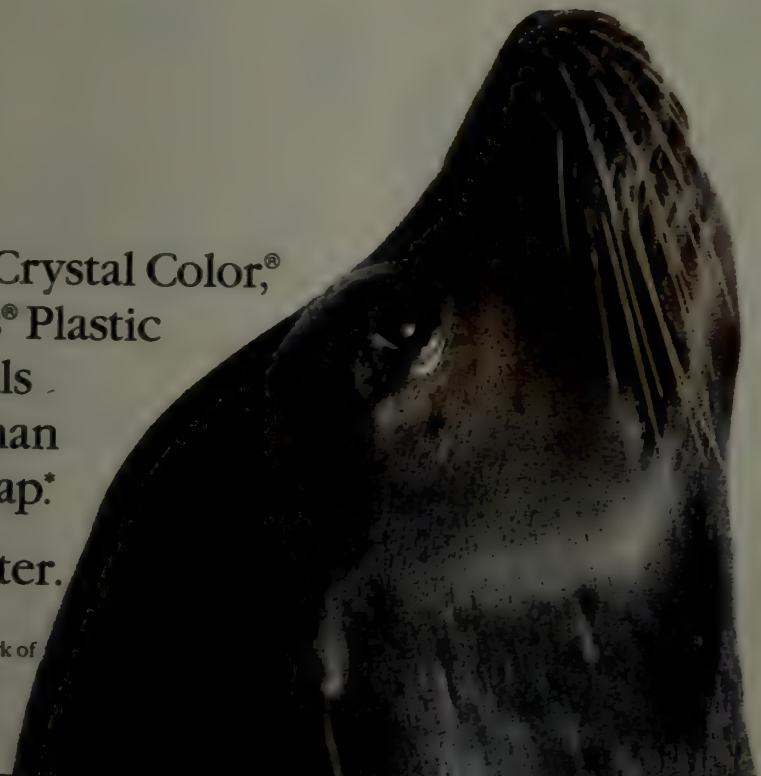
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or till vegetables are tender and brown on the edges, stirring occasionally. Makes 6 to 8 side-dish servings.

Nutrition information per serving: *178 cal., 9 g fat, 0 mg chol., 2 g pro., 23 g carbo., 3 g fiber, 373 mg sodium. RDA: 45% vit. A, 61% vit. C, 12% thiamine, 10% niacin.*

POLENTA

Polenta (poh LEN tuh) is an Italian-style, boiled cornmeal mixture that is eaten as a hot cereal or as a side dish. For the latter, slice, bake, and sauce the polenta, as below—

- **3 cups water**
- **1 cup yellow cornmeal**
- **1 cup cold water**
- **1 tsp. salt**
- **1 recipe Basil-Tomato Sauce (see recipe, on *opposite page*) *or* one 27- *or* 30-oz. jar purchased spaghetti sauce**
- **¼ cup shaved* *or* grated Parmesan cheese**
- **Fresh basil sprig (optional)**

● **In a 2-quart saucepan bring** the 3 cups water to boiling.

● **In a small bowl combine** the cornmeal, the 1 cup cold water, and salt. Slowly add the cornmeal mixture to the boiling water, stirring constantly. Cook and stir till mixture returns to boiling. Reduce heat to very low. Cover and simmer for 15 minutes, stirring occasionally.

● **Pour the hot mixture** into a greased 8x4x2-inch loaf pan. Cool for 1 hour. Cover and chill for several hours or overnight till firm.

NEW AMERICAN CLASSICS

continued from page 170

OVEN-ROASTED VEGETABLES

Save time by purchasing the baby carrots peeled, trimmed, and packaged—

- **10 unpeeled whole tiny new potatoes, quartered**
- **1 cup peeled and trimmed baby carrots (5 oz.)**
- **1 small onion, cut into wedges**
- **¼ cup olive oil**
- **3 Tbsp. lemon juice**
- **3 cloves garlic, minced**
- **1 Tbsp. snipped fresh rosemary *or* oregano, *or* 1 tsp. dried rosemary *or* oregano, crushed**
- **1 tsp. salt**
- **½ tsp. pepper**
- **½ of a small eggplant, quartered lengthwise and cut into ½-inch-thick slices (2 cups)**
- **1 medium red *or* green sweet pepper, cut into ½-inch-wide strips**

● **In a 13x9x2-inch baking pan combine** potatoes, carrots, and onion.

● **In a small mixing bowl combine** olive oil, lemon juice, garlic, rosemary or oregano, salt, and pepper. Drizzle over vegetables in baking pan; toss to coat. Roast, uncovered, in a 450° oven for 30 minutes, stirring occasionally.

● **Remove from oven.** Add eggplant and sweet pepper; toss to combine. Return to oven; roast 15 minutes more





- **At serving time, remove** polenta from pan; cut into ½-inch-thick slices. Place slices in single layer on a greased baking sheet. Bake, covered, in a 400° oven for 10 to 12 minutes or till heated through.
- **To serve, transfer** hot polenta to a serving platter. Ladle warm Basil-Tomato Sauce atop; sprinkle with Parmesan cheese. Garnish with basil, if desired. Makes 8 side-dish servings (16 slices).

***Note:** To make Parmesan cheese shavings, start with a block of Parmesan cheese. Use a potato peeler to shave off chips or shavings of the cheese.

***Nutrition information per serving with Basil-Tomato Sauce:** 125 cal., 3 g fat, 2 mg chol., 4 g pro., 21 g carbo., 2 g fiber, 649 mg sodium. RDA: 10% calcium, 10% iron, 13% vit. A, 39% vit. C, 17% thiamine, 10% riboflavin, 13% niacin.*

BASIL-TOMATO SAUCE

Although fresh basil offers the fullest flavor, you can substitute dried basil. Use 1 tablespoon dried basil, crushed, and add it along with the tomatoes—

- **1 small onion, chopped**
- **2 cloves garlic, minced**
- **1 Tbsp. olive oil *or* cooking oil**
- **1 28-oz. can crushed Italian-style (plum) tomatoes *or* two 14½-oz. cans Italian-style tomatoes, cut up**
- **½ tsp. sugar**
- **¼ to ½ tsp. crushed red pepper**
- **3 Tbsp. snipped fresh basil**

- **In a large saucepan cook** onion and garlic in hot oil over medium heat till tender. Carefully add *undrained* tomatoes, sugar, crushed red pepper, and ¼ teaspoon *salt.* Bring to boiling; reduce heat.
- **Simmer, uncovered,** for 10 to 15 minutes or till of desired consistency. Stir in the fresh basil. Cook for 1 minute more. Serve immediately or transfer to a covered storage container and chill for up to 24 hours. Reheat before serving. Makes 3 cups.

CHOCOLATE CHEESECAKE

See page 174 for Chocolate Hazelnut Cheesecake (pictured on pages 156 and 157) and White Chocolate Cheesecake—

- **1¾ cups finely crushed chocolate wafers (30 cookies)**
- **⅓ cup margarine *or* butter, melted**
- **4 squares (4 oz.) semisweet chocolate, chopped**
- **1 square (1 oz.) unsweetened chocolate *or* semisweet chocolate, chopped**
- **3 8-oz. pkg. cream cheese, softened**
- **1¼ cups sugar**
- **2 Tbsp. all-purpose flour**
- **1 tsp. vanilla**
- **4 eggs**
- **¼ cup milk**

- **For crust,** in a mixing bowl combine crushed wafers and margarine. Press mixture evenly onto the bottom and 1¾ inches up the sides of an ungreased 9-inch springform pan. Place the pan on a baking sheet. Chill till needed.

continued on page 174



continued from page 173

● **In a small heavy saucepan combine** the chocolates; melt over low heat, stirring occasionally. Cool slightly.

● **In a large mixer bowl beat** cream cheese, sugar, flour, and vanilla with an electric mixer on medium speed till smooth. With mixer running, slowly add melted chocolate, beating till combined. Add eggs all at once, stirring just till mixed. *Do not overbeat.* Stir in milk. Pour filling into crust.

● **Bake in a 350° oven** for 45 to 50 minutes or till the center appears nearly set when gently shaken. (Do not overbake.) Cool on a wire rack for 10 minutes. Loosen the sides of the cheesecake from the pan. Cool for 30 minutes. Remove sides of pan. Cover and chill for 4 to 24 hours. Serves 12.

Nutrition information per serving: *479 cal., 33 g fat, 136 mg chol., 9 g pro., 40 g carbo., 0 g fiber, and 363 mg sodium. RDA: 12% iron, 43% vit. A.*

Chocolate Hazelnut Cheesecake: Prepare Chocolate Cheesecake as directed *except,* for the hazelnut crust, omit the chocolate wafers and melted margarine or butter. Using 2 teaspoons *margarine* or *butter,* grease the bottom and 1¾ inches up the sides of a 9-inch springform pan. Press 1 cup toasted, finely ground *hazelnuts* or *almonds* onto the bottom and 1¾ inches up the sides of the greased springform pan. Cover and chill crust.

For filling, prepare as directed, *except* substitute 3 tablespoons *hazelnut liqueur* for 3 tablespoons of the milk.

If desired, top the cooled cheesecake with whole and/or halved *small fresh strawberries.*

Nutrition information per serving: *441 cal., 33 g fat, 134 mg chol., 9 g pro., 32 g carbo., 1 g fiber, 200 mg sodium. RDA: 10% calcium, 12% iron, 36% vit. A, 9% vit. C, 18% riboflavin.*

White Chocolate Cheesecake: Prepare Chocolate Cheesecake as directed, *except* substitute one 6-oz. *white baking bar or* three 2-oz. *white baking bars,* melted, for *all* of the semisweet and unsweetened chocolate squares. (To melt white baking bars, heat and stir constantly over very low heat.)

Nutrition information per serving: *498 cal., 33 g fat, 136 mg chol., 9 g pro., 43 g carbo., 0 g fiber, 375 mg sodium.*

Tips for Cheesecake Success

● **Stir the filling *gently* after adding the eggs and any remaining ingredients. Vigorous beating will incorporate too much air, which causes the cheesecake to puff up, then fall and crack.**

● **Test the cheesecake for doneness at the minimum baking time to avoid overbaking, which results in a dry texture and can cause the center to fall.**

● **Check the doneness by gently shaking the pan rather than inserting a knife. If a knife is inserted into the cheesecake, the hole may grow into a large crack.**

● **Set a minute timer for the exact cooling time given in the recipe. When the timer rings, follow the recipe directions for loosening the crust of the cheesecake from the sides of the pan. If you don't loosen the crust from the pan when the recipe specifies, the cheesecake may begin to pull away from the sides and crack.**

GREEK SALAD

Kalamata olives are sold cured or in brine; either is fine for this salad. If desired, remove the pits before serving with an olive/cherry pitter or a knife—

5 cups torn mixed greens, such as red and green leaf lettuce, curly endive, romaine, and mesclun
1 medium tomato, coarsely chopped
½ of a small seedless *or* regular cucumber, sliced
½ of a medium red onion, halved lengthwise and thinly sliced
1 cup kalamata olives *or* ripe olives
1 cup crumbled feta cheese (4 oz.)
½ cup thinly sliced radishes
1 recipe Greek Vinaigrette
Fresh oregano sprigs (optional)
Chive blossoms (optional)

● **In a large salad bowl toss together** the torn mixed greens, tomato, cucumber, onion, olives, feta cheese, and radishes. Cover and chill till serving time, up to 2 hours.

● **Just before serving, shake** Greek Vinaigrette to mix. Pour vinaigrette over salad; toss gently to coat. Sprinkle with oregano and chive blossoms. Makes 6 to 8 side-dish servings.

Greek Vinaigrette: In a screw-top jar combine ⅓ cup *olive oil;* 3 tablespoons *wine vinegar;* 2 tablespoons *lemon juice;* 1½ teaspoons snipped *fresh oregano* or ½ teaspoon *dried oregano,* crushed; 1 teaspoon *sugar;* 1 small clove *garlic,* minced; and ¼ teaspoon *pepper.* Cover; shake well to mix. Store, covered, in the refrigerator for up to 2 weeks.

Nutrition information per serving: *185 cal., 17 g fat, 17 mg chol., 4 g pro., 6 g carbo., 2 g fiber, 257 mg sodium. RDA: 17% calcium, 29% vit. A, 34% vit. C, 18% riboflavin.*

SCONES

Try all three flavors, including the dried cherry (pictured on page 159) and rosemary variations—

2 cups all-purpose flour
3 Tbsp. brown sugar
2 tsp. baking powder
½ tsp. baking soda
¼ cup margarine *or* butter
1 8-oz. carton dairy sour cream
1 beaten egg yolk
1 slightly beaten egg white

● **In a large mixing bowl stir** together flour, brown sugar, baking powder, baking soda, and ½ teaspoon *salt.* Using a pastry blender, cut in margarine or butter till mixture resembles coarse crumbs. Make a well in the center.

● **In a small mixing bowl stir** together sour cream and egg yolk; add all at once to flour mixture. With a fork, stir till combined (mixture may seem dry).

● **Turn dough** onto a lightly floured surface. Quickly knead dough, by gently folding and pressing, for 10 to 12 strokes or till *nearly* smooth. Pat or lightly roll dough into a 7-inch circle. Cut into 12 wedges.

● **Arrange wedges** on an ungreased baking sheet about 1 inch apart. Brush with egg white.

● **Bake in a 400° oven** for 10 to 12 minutes or till light brown. Cool on a wire rack for 10 minutes. Serve warm. Makes 12 scones.

Nutrition information per scone: *165 cal., 8 g fat, 26 mg chol., 3 g pro., 19 g carbo., 1 g fiber, and 233 mg sodium. RDA: 13% vit. A, 15% thiamine.*

Dried Cherry Scones: In a small bowl pour enough boiling water over ½ cup snipped *dried sweet cherries* or *raisins* to cover. Let stand for 5 minutes; drain well.

continued on page 180

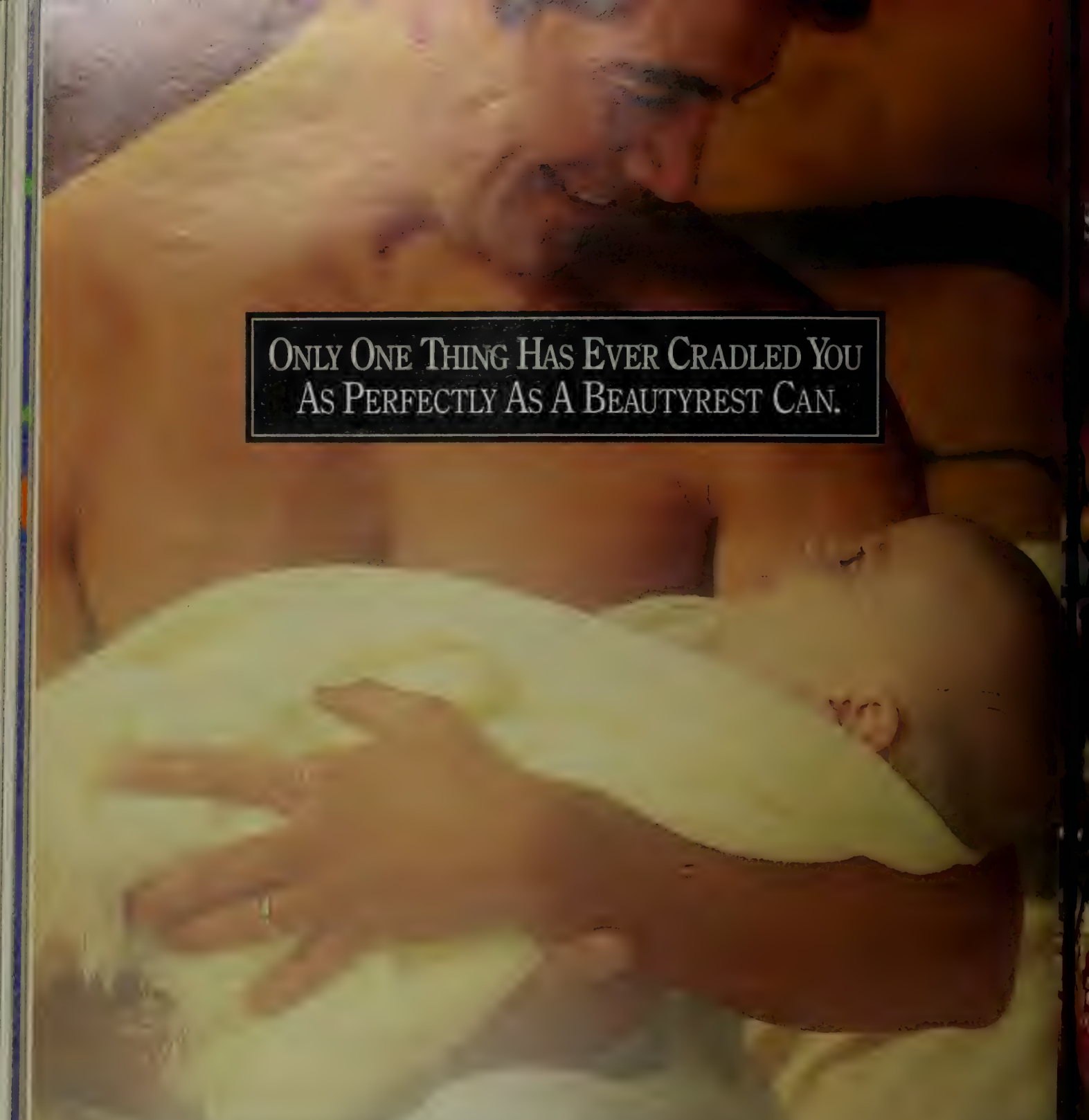


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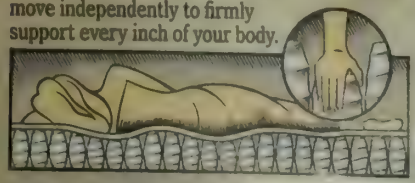
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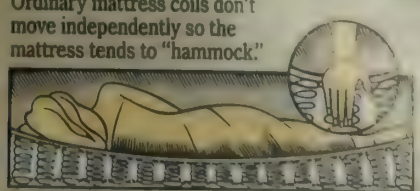
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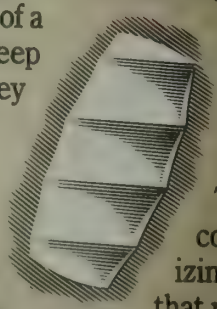
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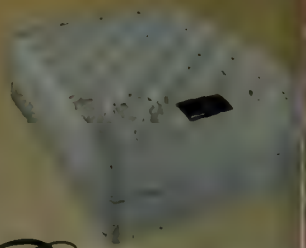


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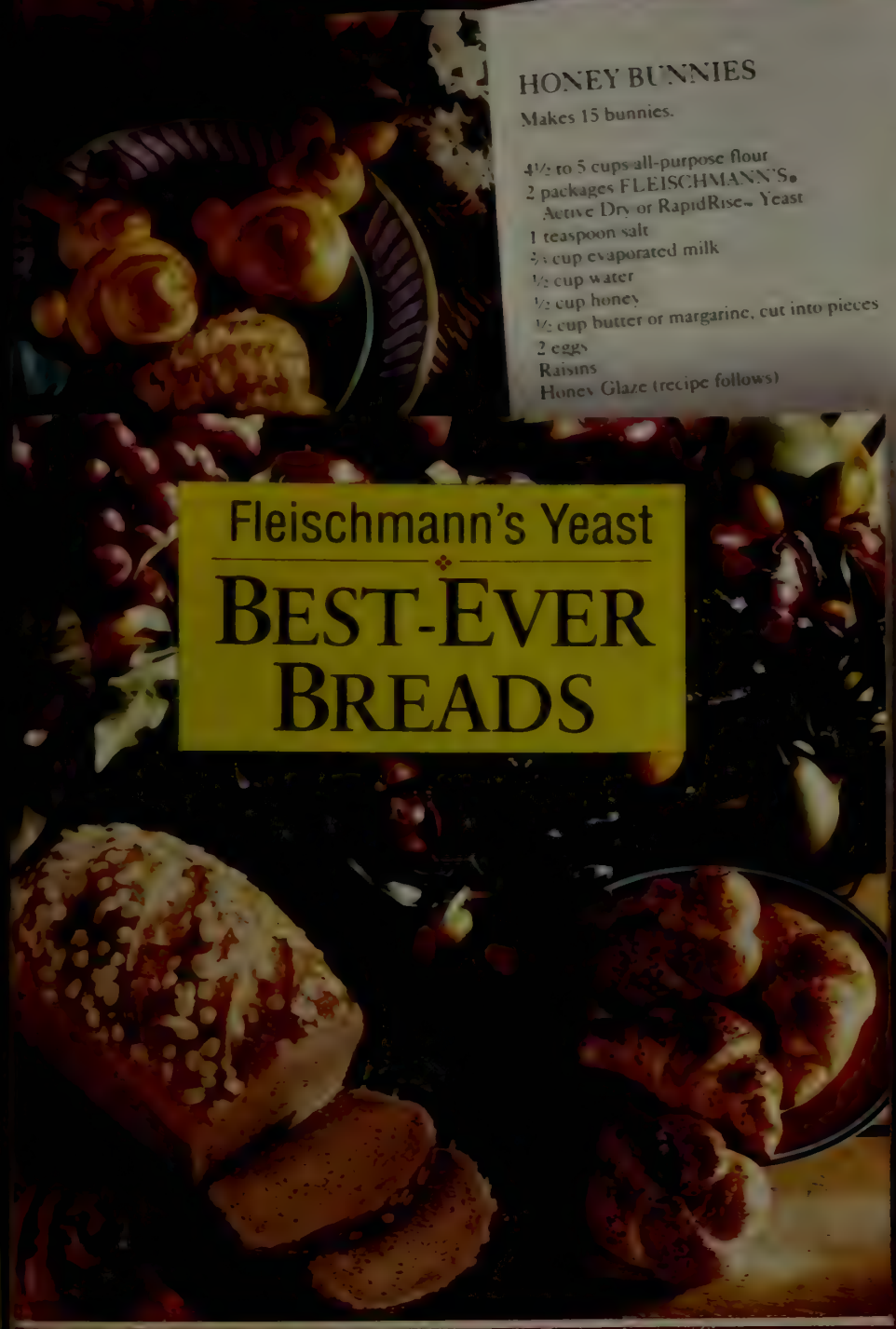
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HONEY BUNNIES

Makes 15 bunnies.

4½ to 5 cups all-purpose flour
2 packages FLEISCHMANN'S® Active Dry or RapidRise™ Yeast
1 teaspoon salt
¾ cup evaporated milk
½ cup water
½ cup honey
½ cup butter or margarine, cut into pieces
2 eggs
Raisins
Honey Glaze (recipe follows)

In large bowl, combine 1½ cups flour, undissolved yeast, and salt. Heat evaporated milk, water, honey, and butter until warm (105° to 115°F). Gradually add to dry ingredients; beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and ½ cup flour; beat 2 minutes at high speed. With spoon, stir in enough remaining flour to make soft dough. Place in greased bowl. Grease top; cover tightly with plastic wrap; refrigerate for 2 to 24 hours.

Remove dough from refrigerator; punch down. Remove to floured surface. Divide dough into 15 equal pieces. Roll each to 20-inch rope. Divide each rope into 1 (12-inch), 1 (5-inch), and 3 (1-inch) strips. Coil 12-inch strip to make body; coil 5-inch strip to make head. Attach head to body; pinch to seal. Shape remaining 3 strips into ears and tail and attach to body and head. Place on 2 large greased baking sheets. Cover; let rise in warm place until doubled in size, about 20 to 40 minutes.

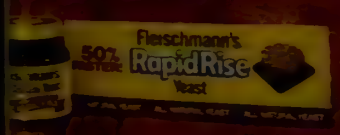
Bake at 375°F for 12 to 15 minutes. Remove from sheets to wire racks. Brush with Honey Glaze while warm. Insert raisins for eyes. If desired, brush again with glaze before serving.

Honey Glaze: Combine ½ cup honey and ¼ cup butter in a small saucepan. Cook over low heat until butter melts, stirring occasionally.

(Actual Recipe)

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continued from page 174

Prepare Scones as directed, *except* toss drained cherries and 1 teaspoon finely shredded *orange peel* into the margarine-flour mixture before adding the sour cream mixture. Continue as directed, *except* omit the egg white for brushing.

To glaze the baked scones, in a small mixing bowl stir together 1 cup sifted *powdered sugar,* 1 tablespoon *orange juice,* and ¼ teaspoon *vanilla.* Stir in more orange juice, *1 teaspoon* at a time, till of drizzling consistency. Drizzle atop warm scones.

Nutrition information per serving: *213 cal., 8 g fat, 26 mg chol., 3 g pro., 31 g carbo., 1 g fiber, and 228 mg sodium. RDA: 16% vit. A, 15% thiamine.*

Savory Rosemary Scones: Prepare Scones as directed, *except* substitute 1 tablespoon *granulated sugar* for the 3 tablespoons brown sugar. Stir in 1 tablespoon snipped fresh *rosemary* or 1 teaspoon *dried rosemary,* crushed, and ⅛ teaspoon *pepper* with the dry ingredients. After brushing scones with egg white, sprinkle with additional snipped rosemary, if desired.

Nutrition information per serving: *156 cal., 8 g fat, 26 mg chol., 3 g pro., 17 g carbo., 1 g fiber, and 232 mg sodium. RDA: 13% vit. A, 15% thiamine.*

CRÈME BRÛLEE

For our version of this famous dessert, caramelize the sugar topping in a skillet and spoon it atop the creamy custard—

2 cups half-and-half *or* light cream
5 slightly beaten egg yolks
⅓ cup sugar
1 tsp. vanilla
⅓ cup sugar

● **In a small heavy saucepan heat** half-and-half or light cream over medium-low heat just till bubbly. Remove from heat; set aside.

● **In a medium mixing bowl combine** egg yolks, the first ⅓ cup sugar, vanilla, and ¼ teaspoon *salt.* Beat with a wire whisk or rotary beater just till combined. Slowly whisk or stir the hot cream into the egg mixture.

● **Place four 4-inch quiche dishes** or oval or round tart pans without removable bottoms into a 13x9-inch baking pan. Set the baking pan on oven rack in a 325° oven. Pour the custard mixture evenly into the 4 dishes. Pour *very* hot water into the baking pan around the 4 dishes, about *halfway* up the sides of the dishes.

● **Bake in 325° oven** for 18 to 24 minutes or till a knife inserted near the center of each dish comes out clean. Remove dishes from the water bath; let cool on a wire rack. Cover and chill for at least 1 hour or for up to 8 hours.

● **Before serving, remove** custards from the refrigerator; let stand at room temperature for 20 minutes.

● **Place remaining ⅓ cup sugar** in a heavy 10-inch skillet. Heat skillet over medium-high heat till sugar begins to melt, shaking skillet occasionally to heat sugar evenly. *Do not stir.* Once sugar starts to melt, reduce heat to low; cook till sugar is completely melted and golden (3 to 5 minutes more), stirring as needed.

● **Spoon melted sugar** quickly over custards in a lacy pattern or in a solid piece. If melted sugar starts to harden in pan, return to heat, stirring till it melts. If it starts to form clumps, carefully stir in 1 to 2 teaspoons water. Serve immediately. Makes 4 servings.

Nutrition information per serving: *376 cal., 20 g fat, 311 mg chol., 7 g pro., 40 g carbo., 0 g fiber, and 191 mg sodium. RDA: 20% calcium, 35% vit. A, and 24% riboflavin.*

Amaretto Crème Brûlee: Prepare Crème Brûlee as directed, *except* substitute 2 tablespoons *amaretto* for all of the vanilla.

QUESADILLAS

6 6-inch flour tortillas
1 8-oz. pkg. shredded cheddar *or* Monterey Jack cheese, *or* Monterey Jack cheese with jalapeño peppers
1 4-oz. can diced green chili peppers, drained, *or* ¼ cup chopped, seeded fresh jalapeño peppers
1 tsp. cooking oil
Red *and/or* green salsa (optional)
Slivered *or* sliced, pitted ripe olives (optional)
Dairy sour cream (optional)

● **To pan-fry tortillas, sprinkle** 3 of the tortillas with cheese and peppers. Top with remaining 3 tortillas. Brush a large skillet or griddle with the oil. Heat skillet or griddle till a drop of water sizzles when dropped onto it. Cook quesadillas, one at a time, over medium heat about 4 minutes (total) or till cheese is melted and tortillas are light brown, turning once.

● **(Or, to bake the quesadillas, brush** one side of 3 tortillas with some of the oil. Place tortillas, oiled side down, on a baking sheet. Top with the cheese, peppers, and remaining tortillas. Brush tops with remaining oil. Bake in 450° oven about 6 minutes or till light brown.)

● **To serve, cut** each quesadilla into 4 wedges. Top with sour cream, salsa, and olives, if desired. Makes 16 appetizer servings.

Nutrition information per serving: *84 cal., 5 g fat, 15 mg chol., 4 g pro., 5 g carbo., 0 g fiber, 121 mg sodium. RDA: 14% calcium, 10% vit. A.*

Vegetable Quesadillas: For filling, in a 1-quart microwave-safe casserole combine ¾ cup finely chopped *broccoli,* ¼ cup shredded *carrot,* ¼ cup sliced *green onion,* and 2 tablespoons *water.* Cover; micro-cook on 100% power (high) for 2 to 4 minutes or till the vegetables are crisp-tender. Drain.

Prepare Quesadillas as directed, *except* substitute vegetable mixture for peppers. Cook and serve as directed.

Nutrition information per serving: *86 cal., 5 g fat, 15 mg chol., 4 g pro., 5 g carbo., 0 g fiber, 90 mg sodium. RDA: 15% calcium, 13% vit. A.*

Chicken-Jicama Quesadillas: Prepare Quesadillas as directed, *except* substitute ½ cup rinsed and drained canned *black beans* for the peppers. Lightly mash beans; stir into the cheese. Spread the bean mixture onto 3 of the tortillas. Top with ½ cup finely chopped, cooked *chicken;* ½ cup finely chopped, peeled *jicama;* and 2 tablespoons sliced *green onion.* Top with the remaining tortillas. Cook and serve as directed.

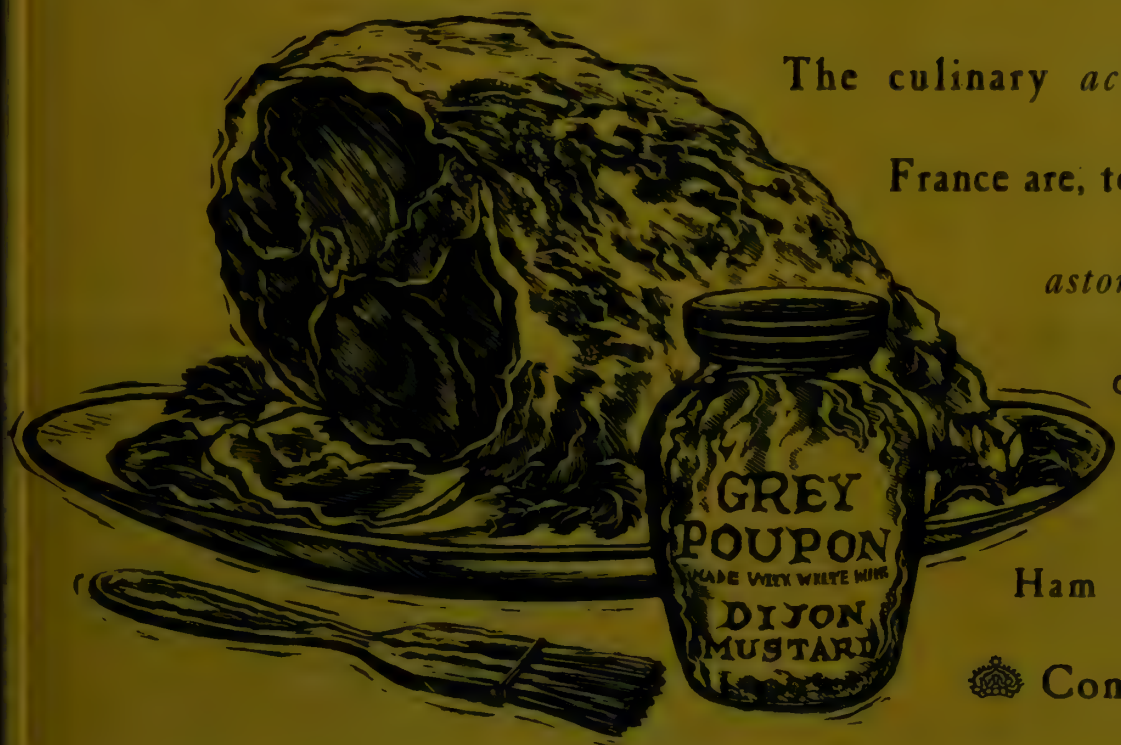
Nutrition information per serving: *101 cal., 6 g fat, 19 mg chol., 6 g pro., 6 g carbo., 1 g fiber, 147 mg sodium. RDA: 15% calcium, 10% vit. A.*

SZECHWAN BEEF STIR-FRY

1 lb. boneless beef sirloin steak
6 dried mushrooms (1 cup), such as shiitake *or* wood ear mushrooms
¼ cup hot bean sauce *or* hot bean paste
¼ cup dry sherry

continued on page 182

The French can make snails taste great. Imagine what they can do for your Easter ham.



The culinary *achievements* of France are, to say the least, *astonishing.* ❁ A delicious case in point: Easter Ham *Glaze* Dijon. ❁ Combine 1/4 cup Grey Poupon® Dijon *mustard,* 8 ounces drained *crushed* pineapple and 1/2 cup light brown sugar. ❁ Bring to a boil, then *simmer.* ❁ *Spoon* 1/2 cup onto ham during the last 30 minutes of baking. ❁ Heat the remaining mixture and serve with *sliced* ham. ❁ And don't expect many leftovers. ❁ It's *guaranteed* to go much faster than the snails. ❁

continued from page 180

2 Tbsp. soy sauce
¾ tsp. whole Szechwan pepper, crushed, *or* whole black peppers, crushed
½ tsp. cornstarch
½ to 1 tsp. chili oil
2 to 3 Tbsp. cooking oil
2 medium carrots, bias sliced
1 clove garlic, minced
1½ cups broccoli flowerets *or* one 10-oz. pkg. frozen cut broccoli, thawed
1 8½-oz. can bamboo shoots, drained and cut into narrow strips
3 cups hot cooked rice
Sliced green onion (optional)

● **Trim fat from beef.** Partially freeze beef. Thinly slice across the grain into bite-size strips. Set aside.

● **In a small mixing bowl cover** mushrooms with warm water; let soak for 30 minutes. Rinse; squeeze to drain thoroughly. Slice thinly, discarding stems. Set aside.

● **For sauce,** in a small bowl combine bean sauce, sherry, soy sauce, crushed Szechwan pepper or black pepper, cornstarch, and chili oil. Set aside.

● **Pour *1 tablespoon*** of the cooking oil into a wok or large skillet. (Add more cooking oil as necessary during cooking.) Preheat over medium-high heat. Stir-fry carrots and garlic in hot oil for 2 minutes. Add broccoli; stir-fry for 2 minutes. Add the mushrooms and bamboo shoots; stir-fry for 1 to 2 minutes more or till vegetables are crisp-tender. Remove the vegetables from the wok or skillet.

● **Add *half* of the beef** to the hot wok or skillet. Stir-fry for 2 to 3 minutes or to desired doneness. Remove beef from wok or skillet. Repeat with the remaining beef. Return all beef to the wok or skillet, pushing it from the center of wok or skillet.

● **Stir sauce.** Add the sauce to the center of wok or skillet. Cook and stir till thickened and bubbly.

● **Return the cooked vegetables** to the wok or skillet. Stir all ingredients together to coat with sauce. Cook and stir about 1 minute more or till heated through. Serve immediately over hot cooked rice. Sprinkle with green onions, if desired. Makes 4 servings.

***Make-ahead tip:** The night before, rehydrate the mushrooms, stir together the sauce, and cut up the vegetables. Chill the sauce and vegetables in separate covered containers.

***Nutrition information per serving:** 579 cal., 19 g fat, 76 mg chol., 36 g pro., 62 g carbo., 3 g fiber, 705 mg sodium.*

ARE YOU A CLEVER COOK?

The food editors of *Better Homes and Gardens®* magazine invite you to send us your niftiest kitchen tips. We're looking for clever ideas that make cooking easier, healthier, or more rewarding for you and your family. We will pay $25 for each published tip. Please send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®* magazine.



NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give nutrition information. The calorie count of each serving and the amount, in grams, of fat, cholesterol, protein, carbohydrate, sodium, and fiber will help you keep tabs on what you eat.

You can check the vitamin and mineral levels of each recipe serving. These are noted in percentages of the Recommended Dietary Allowance (RDA), whenever values provide at least 10 percent of the recommended amount. (The RDAs are dietary standards developed by the National Academy of Sciences.)

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

When ingredient choices appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. This does not mean we prefer one over the other.

We use the first serving size listed.

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

WHAT YOU NEED

Use our analysis to chart the nutrition value of the recipes you prepare and the foods you eat. The dietary guidelines below suggest the levels of nutrients that moderately active women should strive for each day (in general, active males and all teenagers need more calories):

Calories: About 2,000
Fat: No more than 67 grams
Cholesterol: No more than 300 milligrams
Protein: About 75 grams
Carbohydrate: About 275 grams
Sodium: No more than 2,400 milligrams
Dietary Fiber: 20 to 30 grams

There's no real harm in going over or under these dietary guidelines in any single day, but it's a good idea to aim for a balanced diet over time for good health.





OREO FUDGE PIE

(makes 8 servings)

1 quart vanilla ice cream or frozen yogurt, softened
1 OREO Pie Crust
½ cup chocolate fudge sauce
Prepared light whipped topping
Mini OREO Bite Size Chocolate Sandwich Cookies

Spread ice cream or yogurt in crust; top with fudge sauce. Freeze until firm, about 6 hours. To serve, garnish pie with whipped topping and cookies.

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See Page 156 For Details

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PRIZE TESTED RECIPES®

LAMB ENTRÉES

File under Meat
April, 1993



$200 WINNER *Linda Morten, Katy, Tex.*

SPICY LAMB AND SPAGHETTI SQUASH

Fond food memories of living in Singapore inspired Linda to create this lamb dish—

- **1 lb. boneless lamb shoulder roast *or* boneless lamb sirloin roast, trimmed of fat**
- **1 Tbsp. margarine *or* butter**
- **1 cup chopped onion**
- **1 cup chopped celery**
- **2 cloves garlic, minced**
- **½ cup tomato sauce**
- **⅓ cup water**
- **1½ tsp. curry powder**
- **1½ tsp. grated gingerroot *or* ½ tsp. ground ginger**
- **¼ tsp. ground cumin**
- **¼ cup plain yogurt**
- **2 tsp. all-purpose flour**
- **1 2½ to 3 lb. spaghetti squash, halved lengthwise and seeded**
- **Snipped fresh cilantro *or* parsley (optional)**
- **Cilantro *or* parsley sprigs (optional)**

Cut lamb into 1-inch cubes. In a large saucepan brown *half* of the meat in hot margarine or butter. Remove meat. Brown remaining meat with onion, celery, and garlic till vegetables are tender. Drain fat. Return all meat to pan. Stir in tomato sauce, water, curry powder, ginger, cumin, ½ teaspoon *salt,* and ⅛ teaspoon *pepper.* Bring to boiling; reduce heat. Cover; simmer for 1 hour or till lamb is tender. Combine yogurt and flour; add to meat mixture. Cook and stir till bubbly; cook 1 minute more.

Meanwhile, place squash, cut side down, in a shallow baking dish. Bake, uncovered, in a 350° oven for 30 to 40 minutes or till tender. Using a fork, separate the squash pulp into strands. To serve, spoon lamb mixture over squash. If desired, sprinkle with chopped cilantro or parsley. Garnish with cilantro or parsley sprig, if desired. Serves 4.

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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

SPRING VEGETABLE IDEAS

File under Salads & Dressings
April, 1993



$200 WINNER *John Guinivere, Las Vegas, Nev.*

ORIENTAL VEGETABLE AND PASTA SALAD

Plum sauce, soy sauce, and sesame oil dress this sensational side-dish salad—

- **8 oz. fine noodles *or* spaghetti**
- **4 oz. asparagus spears, cut into 1-inch pieces (about 1 cup)**
- **⅓ cup plum sauce**
- **1 to 2 Tbsp. soy sauce**
- **½ tsp. toasted sesame oil**
- **⅛ tsp. crushed red pepper**
- **1 medium red *or* green sweet pepper, cut into strips**
- **1 11-oz. can mandarin orange sections, drained**
- **1 cup fresh *or* frozen sugar snap peas, halved crosswise**
- **⅓ cup sliced green onion**
- **⅓ cup toasted slivered almonds**

Cook pasta according to package directions. Drain. Cover and chill. In a saucepan cook asparagus, covered, in a small amount of boiling water 4 to 6 minutes or till crisp-tender. Drain. For dressing, stir together plum sauce, soy sauce, oil, and red pepper. In a bowl combine pasta, asparagus, sweet pepper, oranges, peas, onion, and almonds. Add dressing; toss to coat. Serve immediately. Makes 8 to 10 side-dish servings.

Nutrition information per serving: *189 cal., 4 g fat, 0 mg chol., 7 g pro., 34 g carbo., 1 g fiber, 141 mg sodium. RDA: 12% iron, 21% vit. A, 58% vit. C, 19% thiamine.*

PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS

BETTER HOMES AND GARDENS TEST KITCHEN®

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SPRING VEGETABLE IDEAS

File under Salads & Dressings
April, 1993



$100 WINNER *Sally Vog, Springfield, Oreg.*

SPRINGTIME RICE AND ASPARAGUS SALAD

The flavor combination of asparagus, citrus, nuts, and rice excels—

- **1 14½-oz. can chicken broth**
- **1 cup long-grain rice**
- **10 oz. asparagus, cut into 2-inch pieces (about 2 cups)**
- **¾ cup shelled peas *or* frozen peas**
- **⅓ cup pecan halves *or* slivered almonds, toasted**
- **¼ cup snipped cilantro *or* parsley**
- **3 green onions, sliced**
- **4 Tbsp. olive oil *or* salad oil**
- **½ tsp. finely shredded lemon peel**
- **3 Tbsp. lemon juice**
- **3 Tbsp. dairy sour cream *or* plain yogurt**
- **¼ tsp. ground white pepper**
- **Fresh spinach leaves**
- **3 cups torn fresh spinach**
- **Twisted lemon slices (optional)**

Add enough *water* (about ¼ cup) to broth to make 2 cups. In a saucepan bring broth to boiling. Add rice. Return to boiling; reduce heat. Cover; simmer about 15 minutes or till tender.

Meanwhile, cook asparagus, covered, in a small amount of boiling water for 2 minutes. Add peas; cook 2 to 3 minutes more or till crisp-tender. Drain. In a large bowl combine cooled rice, asparagus and peas, nuts, cilantro or parsley, and onions. In a small bowl combine oil, lemon peel, lemon juice, sour cream or yogurt, pepper, and ¼ teaspoon *salt.* Pour over rice mixture; toss to coat. Cover; chill thoroughly. To serve, line a large platter with spinach leaves. Top with torn spinach, then rice mixture. Garnish with lemon, if desired. Makes 6 side-dish servings.

Clip along here and file punched pages in your *New Cook B*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

LAMB ENTRÉES

File under Meat
April, 1993



$100 WINNER *Mrs. Aloma Moore, East Point, Ga.*

EAST INDIAN ROASTED LEG OF LAMB

An intriguing blend of hot peppers, garlic, lime, honey, and ginger complements lamb in this winning recipe—

- **1 large onion, cut up**
- **4 fresh *or* canned jalapeño peppers, seeded and cut up**
- **3 cloves garlic, halved**
- **3 Tbsp. lime juice**
- **1 Tbsp. honey**
- **1 tsp. Dijon-style mustard**
- **1 tsp. grated gingerroot *or* ¼ tsp. ground ginger**
- **1 tsp. salt**
- **½ tsp. pepper**
- **1 3½- to 4-lb. leg of lamb**
- **2 Tbsp. margarine *or* butter, melted**

In a blender container or food processor bowl combine onion, peppers, garlic, lime juice, honey, mustard, gingerroot, salt, and pepper. Cover and blend or process till nearly smooth, stopping to scrape sides if necessary. Set aside.

Trim fat from meat. Cut ½-inch slits all over into meat at 1-inch intervals. Line a shallow roasting pan with a double thickness of heavy foil. Place meat, fat side up, on a rack in the lined pan. Spoon pureed mixture over meat, rubbing the mixture into the meat with your fingers. Drizzle with melted margarine or butter. Roast, uncovered, in a 325° oven for 2 hours or till of desired doneness. Cover loosely; let stand 15 minutes before carving. Makes 10 to 12 servings.

Nutrition information per serving: *273 cal., 12 g fat, 109 mg chol., 35 g pro., 4 g carbo., 0 g fiber, 437 mg sodium. RDA: 19% iron, 13% thiamine, 28% riboflavin, 52% niacin.*

Photographs: Scott Little


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HOMEMADE FRESH TASTE
CoolWhip
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Hippity Hop Bunny Cake
• 2 1/4 cups BAKER'S ANGEL FLAKE® Coconut
• Red food coloring • 2 (9-inch) round cake layers
• 1 tub (8 ounces) COOL WHIP® Non-Dairy Whipped Topping, thawed
• Assorted candies for garnish
• Tint 1/4 cup coconut pink with red food coloring (see package).
• Cut 1 layer; arrange other layer as shown.
• Frost with COOL WHIP,® sprinkle with remaining coconut.
• Decorate with assorted candies. Makes 12 to 16 servings. Store cake in refrigerator.
4"
EAR
1"
EAR
TIE
HEAD
Whip Smackin' Lip Smackin' Good



Crunchy Chicken-Cheese Bake

PREP TIME: 10 MIN. COOK TIME: 25 MIN.

8 skinless, boneless chicken breast halves
4 slices Swiss or American cheese, each cut in half
1 can (10 3/4 oz.) Campbell's® Cream of Chicken Soup
8 thin tomato slices*
2 tbsp. margarine, melted
1/2 cup Pepperidge Farm® Herb Seasoned Stuffing, crushed
Hot cooked rice

1. In 3-qt. oblong baking dish, place chicken. Top with cheese.
2. Stir soup and spread over cheese; top with tomato. Combine margarine and stuffing; sprinkle over tomato.
3. Bake at 400°F. 25 min. or until chicken is no longer pink. Serve over rice. Garnish with fresh oregano if desired. 8 servings.

*If desired, omit tomato; combine soup with 1/4 cup milk.



©1992 Campbell Soup Company

Mm! Mm! Good!

LIGHTEN UP A SALAD CLASSIC



For a light dinner, serve this elegant seafood salad with a slice of crusty French bread and sparkling water.

The creamy goodness of the traditional recipe for Crab Louis Salad comes at a cost of more than 400 calories and 32 grams of fat per serving. Now, without any hocus-pocus, you can enjoy this fabulous, yet more healthful, main-dish salad for only 199 calories and 2 grams of fat.

HEALTHFUL SEAFOOD LOUIS SALAD

The creaminess in this dressing comes from blended low-fat cottage cheese instead of the traditional mix of mayonnaise and whipping cream—

½ cup low-fat cottage cheese
2 Tbsp. skim milk
1 Tbsp. tomato paste
2 Tbsp. chopped red sweet pepper *or* diced pimiento
1 Tbsp. thinly sliced green onion
⅛ tsp. salt
⅛ tsp. pepper
Skim milk

• • •

6 cups torn romaine
1 cup shredded red cabbage
½ cup shredded carrot
1 6-oz. can lump crabmeat, drained and cartilage removed
1 6-oz. pkg. frozen, peeled, cooked shrimp, thawed
2 tomatoes, cut into thin wedges
3 thin lemon wedges, halved (optional)

For dressing, in a blender container or food processor bowl combine low-fat cottage cheese, the 2 tablespoons milk, and tomato paste. Blend or process till smooth. Transfer to a small bowl. Stir in red pepper or pimiento, green onion, salt, pepper, and enough milk for desired consistency. Chill, covered, till serving time.

In a large bowl toss together romaine, cabbage, and carrot; divide among 3 salad plates. Arrange seafood and tomatoes atop greens, reserving a small amount of the seafood as a garnish, if desired.

Top salads with the dressing and reserved seafood. Serve with lemon wedges, if desired. Makes 3 main-dish servings.

Nutrition information per serving: *199 cal., 2 g fat, 163 mg chol., 32 g pro., 1[illegible] g carbo., 4 g fiber, 631 mg sodium. RDA: 23% calcium, 29% iron, 116% vit. A, 112% vit. C, 25% thiamine, 25% riboflavin, 25% niacin.*

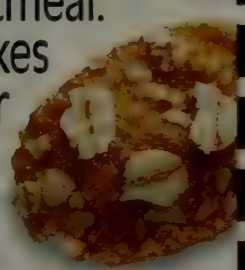
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FOOD

HAM CHOICES
Slicing through the labels

Having trouble deciding on a ham for Sunday's family dinner? It's no wonder—a variety of terms describe this pork product.

A WORD ABOUT 'HAM'

Think leg when you think ham. All meat labeled "ham" comes from the pig's hind leg. (Some turkey "ham" products mimic pork products in taste and texture.) Pork ham may be sold fresh (uncured), but it is usually cured. Curing can mean rubbing salt onto the surface and storing, or pumping a salt solution (brine) into the meat, aging, then rinsing. Cured ham is often smoked and cooked.

HAM TERMS

You'll find ham labeled with the following terms—

Whole ham. The whole, pear-shaped leg of a hog. Bone-in hams can weigh up to 18 pounds. Boneless hams weigh from 12 to 16 pounds. They may be fresh or cured.

Bone-in ham. This may be the whole shank half or the butt half, which has more meat to bone. Use the leftover bone for soup.

Boneless ham. The lean meat is reshaped after the bones and most of the fat have been removed. It may be fresh, cured, smoked, boiled, or fully cooked.

Canned ham. Boneless portions of cured ham are vacuum sealed and cooked in cans. Dry gelatin may be added to absorb cooking juices. Check the label for the freshness date, as well as the storage, cooking, and serving directions.

Country ham. A thick salt covering and long aging produce a dry, salty, distinctively flavored ham. Soak, rinse, and simmer these hams before baking, according to the label directions. Also called country-style or dry-cure ham, these hams may be named after the town or region where they're made (such as Smithfield or Virginia Ham).

Cured ham. Fresh ham is treated with a brine, then smoked. Cured hams may be bone-in or boneless.

Fresh ham. Lean meat from pork leg that is not cured or smoked. Boneless roasts are wrapped in netting and can weigh from 3 to 10 pounds.

Fully cooked ham. Meat is cooked during processing, which means it is safe to eat either cold or warm. These are often boneless and canned.

Ham center slice. This oval, meaty cut comes from the center of a whole ham. Sometimes the round leg bone may be removed. Handy for a small family dinner, center slices are often fully cooked.

Ham with water added. The ham has retained water during curing and weighs more. By law, this added moisture cannot exceed 10 percent of the fresh ham weight.

Extra-lean ham. This fully cooked ham is selected from the leanest meat, then trimmed of excess fat. By law, a 1-ounce slice of extra-lean ham can contain up to 1 gram of fat.

Reduced-sodium or less-salt ham. Less salt is used in curing, so this ham has at least 25 percent less sodium, by law. Salt does inhibit bacterial growth, so handle these hams properly when storing and cooking.

STORAGE GUIDELINES

Store fresh and cured hams in the refrigerator and use them within one week. Canned hams may be stored longer, according to the label directions. Unless labeled otherwise, cook ham to an internal temperature of 160° F. Cook fully cooked ham to 150° F. or eat it cold. Refrigerate any leftovers promptly.

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How would you like to win cash or new products for you home? Just send your original recipes to our Prize Teste Recipes Contest. Each month, we ask you to send us recipe that fit the two recipe categories. Seven months later, w feature the four top winning recipes on the Prize Teste Recipes pages. Along with the prize money or gifts, a winners receive a framed certificate and copies of thei recipe to share with friends.

HINTS FOR THIS MONTH'S CATEGORIES

Cranberry Creations

Send us your best sweet recipe featuring holiday cranbe ries. Maybe it's a showy dessert, bread, cookie, or snack You may use fresh, canned, or dried cranberries, cranberr juice, cranberry jelly, or cranberry relish.

Shrimp Favorites

We're looking for mouth-watering recipes for fresh, fr zen, or canned shrimp. Do you steam, grill, sauté, broil, c stir-fry this seafood for appetizers, salads, or entrées?

THIS MONTH'S WINNERS

(see pages 185 and 186)

All winners received an ONEIDA silver-plate tray.

$200 Winners: John Guinivere, *Las Vegas, Nev.* Linda Morten, *Katy, Tex.*

$100 Winners: Mrs. Aloma Moore, *East Point, Ga.* Sally Vog, *Springfield, Oreg.*

Honor Roll Winners: Robi Callaghan, *Fort Collins, Colo.;* Christine D'Alonzo, *Westmont, N.J.;* John F. Gagliardo, *Bloomington, Ill.;* Vernette Lucas, *Stilwell, Kans.;* Nancy E. Parolisi, *Bigfork, Mont.;* Mrs. William Stone, *Atlantic Beach, Fla.*

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees, affiliates, subsidiaries, and families. **2.** With each entry, type or print yo name, address, and recipe marked "November Cranberry Creations" "November Shrimp Favorites." Specify ingredient brands and recipe orig **3.** Address recipes to 9311 Food Dept., Better Homes and Gardens, D Moines, IA 50309-3023. **4.** Postmark all entries by April 30, 199 **5.** Winners will be selected about 60 days later, then notified by m **6.** Entries must be original, and will be judged on creativity, taste, a practicality by BH&G® editors. **7.** Entries will not be returned. All copyrig rights of winning recipes belong to Meredith Corp. We reserve the right adjust winning recipes. **8.** Entry constitutes permission to use winner's na and hometown name for editorial and promotional purposes.



uccess® Rice Brings Out The Ham In You.

Hormel Ham 'n Cheddar Success

- bags SUCCESS® RICE
- c. frozen mixed vegetables (thawed)
- ½ c. sliced mushrooms
- c. chopped onion
- Tbls. butter or marg.
- 1 (11 oz.) can nacho cheese soup
- ½ c. milk
- 2 (5 oz.) cans HORMEL CHUNK HAM, drained and flaked

15 MIN.

repare rice according to package directions. Prepare ixed vegetables according to package directions, omitting argarine and salt. In large skillet, saute mushrooms and ion in butter until tender. Stir in soup and milk. dd HORMEL CHUNK HAM and cooked egetables. Simmer until thoroughly heated. erve over warm SUCCESS RICE. Serves 6-8.



Dinner in 15 minutes.

Success Rice

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Ready-made benches and a decorative light post add style to an otherwise ordinary deck (*top*). Bowed spindles give this deck a snazzy silhouette (*above*).

BUILDING

IDEAS TO ENLIVEN YOUR DECK

Details are what turn a typical deck design into a style statement. Here are products you can buy to help your deck wow onlookers.

Some sprightly spindles. Glance at just about any deck and you're likely to notice a sea of spindles. Use this key element to your advantage by choosing the right shape or style to accent your deck design.

Make the most with posts. Simple square posts aren't your only choice anymore. Look for those that have been milled in decorative styles. Also available are decorative post kits that can fit over existing plain posts.

Buy benches and planters. Rather than struggling with blueprints, consider incorporating ready-made benches and planters into your deck. Expect to pay more than you would if you built them from scratch, but less than if having them custom-built.

Choose custom buyables. Many decking manufacturers and suppliers offer semi-custom services that can enhance your deck without the high price tag of a carpenter. For instance, you can buy customized rounded stairs, hot tub enclosures, or other special features and install them yourself.

Light up your life. Consider the style of your deck as the sun goes down. Create evening ambience with low-voltage lights on the stairs, under benches, or on the railing.

MORE NATIONAL FORESTS

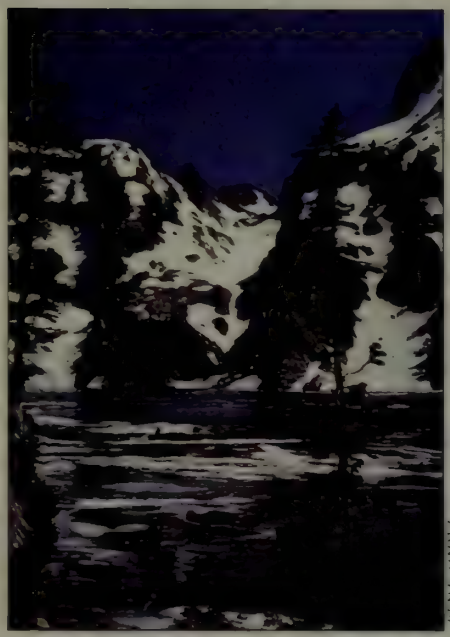
SAWTOOTH, IDAHO

Three of our nation's most spectacular backroads meet at Stanley, an outpost of tourist services, wilderness outfitters, and ranchers' hangouts in central Idaho's Sawtooth National Forest. The Ponderosa Pine Scenic Byway (Highway 21) comes in from Boise to the west. The Salmon River Scenic Byway (Highway 75 and US-93) runs along the Main Fork of the Salmon River to the east and north, and the Sawtooth Scenic Byway (Highway 75) comes from Ketchum and Sun Valley to the south.

High mountains tower everywhere, wildlife peeks from glades, sandhill cranes stalk bottomlands, and eagles and ospreys soar over unspoiled streams and alpine lakes. Indeed, no other forest can boast such a trio of glorious routes deep in the wilds, yet never more than half a day's drive from the amenities of civilization. Tapes describing natural features may be borrowed free of charge at ranger stations on the Byways and deposited in drop boxes at the other end.

The majority of campgrounds are situated on trout-stocked lakes, popular with fishing families. You'll find the camps off Highway 75 just south of Stanley, where the jagged summits of the Sawtooth Range rise dramatically from a wide valley. The setting resembles Wyoming's Tetons poking

continued on page M2



KENL HAHLZ

Goat Lake reflects the majesty of the Sawtooth Wilderness in Idaho.

TRAVEL PLANNING

See *page M3* for a listing of free travel information and literature you can order.



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ROUTE 66 NEW MEXICO ROUTE 66

AMERICA'S LAND OF ENCHANTMENT

continued from page M1

up from Jackson Hole. These camp grounds tend to be busy, especiall those on Redfish Lake, which ha boat rentals, and on Alturas Lake. A portion of the sites can be reserve through MISTIX, *800/283-2267.*

Lacking a reservation, you have th best chance of finding a site at Stanle Lake, which snuggles against th mountains at the end of a gravel roa eight miles west of Stanley off High way 21. Stanley Lake teems with rain bows in late spring and early summe

Other campgrounds, all first-com first-served, are spaced along the ban of the Salmon River east of Stanley.

For day hikes in Sawtooth Nation Forest as well as extended backpack numerous trails lead from the Stanle area into Sawtooth Wilderness an the White Cloud Mountains.

Stanley Ranger Station, Sawtoo National Forest, HC 64, Dept. BH Box 9900, Stanley, ID 83278; 208/77 3681; mid-June to Labor Day, ***Redfi Lake Visitor Center, 208/774-337*** Local facilities: ***Stanley-Sawtoo Chamber of Commerce, Dept. BH Box 8, Stanley, ID 83278; 208/77 3411.*** Travel information: ***Idaho Tou ism, 700 W. State, Dept. BHG, Boi ID 83720-2700; 208/334-2470.***

OKANOGAN, WASHINGTO

Where Highway 20 climbs over t North Cascades near the Canadi border, every turn of the road reve new vistas of jagged rock and shini ice. Mountain goats dance on hi cliffs overhead, and glorious waterfa tumble into lakes that flash with tro

Driving east from the coast, y first pass through North Cascac National Park. Not surprisingly, sin this preserve lies less than 200 mi from Seattle, it attracts big summ crowds. Okanogan National Fore immediately east of the park, is a heavily traveled, especially since t wooden-sidewalk, Old-West village Winthrop, a popular weekend attr tion, is situated in its midst. But ev though the Forest Service can grounds on Highway 20 fill up m Fridays by noon, you can genera get into others in the backcountry.

To find these secluded sites, he

continued on page

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...tinued from page M2

...rth from Winthrop on County 1213 ...d Forest Roads 51 and 5130. You'll ...pecially like the small Ruffed ...rouse, Honeymoon, and Chewuch ...mpgrounds. All have toilets, but be ...vised that you must bring your own ...ter and pack out your garbage.

Wilderness outfitters in Winthrop ...n arrange whitewater and scenic ...at trips on the forest's Methow Riv... plus burro and llama treks.



GEORGE S. BUSH

...amping and fishing are favorite activities ...national forests throughout the U.S.

For a backcountry drive beyond ...ompare, branch off Highway 20 at ...Mazama, 15 miles northwest of Win...hrop, and drive up Forest Road 5400 ...Harts Pass, a run of about 12 miles. ...t's mostly on gravel but shouldn't ...ose a problem for most vehicles. ...rom the pass, a steep hike of less ...han 1/2 mile brings you to the sum...it of 7,400-foot Slate Peak. The pan...ramic view is worth every ounce of ...weat. The glacier cone of Mount ...Baker, towering to the northwest, ...eems close enough to touch, and all ...round rise ranks upon ranks of Cas...ade peaks, some more than 50 miles ...way in Canada.

Okanogan National Forest, 1240 ...outh Second St., Dept. BHG, Okano...an, WA 98840; 509/826-3275. Wash...ington State Tourism, Dept. BHG, Box ...2500; Olympia, WA 98504-2500; ...00/544-1800; 206/586-2102.

SHOSHONE, WYOMING

Of the five roads that lead to Yel...owstone Park, the most spectacular ...s, oddly enough, also the least trav...led—the Beartooth Highway (US-...12), which leads from Red Lodge ...ear Billings, Montana, to the park's ...Northeast Entrance. Only about one in 20 visitors uses this gateway, and often that one visitor is a local.

Twisting ever higher on drastic switchbacks, the Beartooth Highway rises like an immense staircase through the northern reaches of the Shoshone Forest as it passes from pine to wind-beaten scrub to tundra. At its highest point, flanked by snowfields shining in the summer sun and slopes of tumbled boulders, it seems to straddle the roof of the world.

The choicest Forest Service campgrounds, near great hiking and trout fishing, are on the west side of the 10,947-foot pass. There, the highway dips toward Yellowstone amid fields of alpine wildflowers and mountain tarns—small, steep-banked lakes—as blue as the sky. The first-come, first-served sites often fill by noon.

But don't expect to make these campgrounds your commuting base for visiting Yellowstone. It's more than 70 miles from here to Yellowstone Lake in the heart of the park.

Normally clear by Memorial Day, the Beartooth is strictly a seasonal

continued on page M6

TRAVEL DIRECTORY

VACATION INFORMATION. IDEAS. TRIPS AND PLACES TO STAY

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This year marks the 150th anniversary of the Oregon Trail, and Nebraska's the place to celebrate. Come walk our old wagon ruts, stop over at Fort Kearny, then head west to Chimney Rock. Come live the life of a pioneer...but with hot showers, thick steaks, and soft beds every night.

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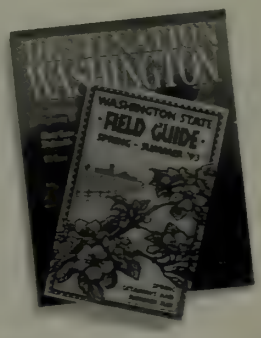


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This spring in Washington State.

continued from page M5

road. In October it sinks back into hibernation. The most beautiful time to drive the Beartooth is in July, when the flowers are in bloom.

Shoshone National Forest, Clarks Fork Ranger Dist., 1002 Rd. 11, Dept. BGH, Powell, WY 82435; 307/754-7207. Area: ***Travel Montana, Dept. BHG, Deer Lodge, MT 59722; 800/541-1447 or 406/444-2654,*** and ***Wyoming Tourism, I-25 at College Dr., Dept. BHG, Cheyenne, WY 82002; 800/225-5996 or 307/777-7777.***

SUPERIOR, MINNESOTA

The midwest's greatest wild kingdom, Superior National Forest is a 3-million-acre preserve of woods, lakes, and rivers that stretches along the Minnesota side of the Canadian border from Lake Superior almost to International Falls.

More than 5,000 moose live there, more than anywhere else in the Lower 48. Eagles nest in treetops along streams and lakes. Beavers trail shimmering wakes. Black bears hang out along the Gunflint Trail, which leads from Grand Marais on the Superior Shore into the northernmost reaches of the forest.

Superior is wild, but not deserted. Forest Service campgrounds abound, as do privately owned lakeside lodges (cabins: around $500 a week, rooms: $60–$70 a night). Superior's designated wilderness, the vast Boundary Waters Canoe Area, is the forest's most heavily used part. A permit system keeps this maze of dreamy waters uncrowded, but limits your access. To find empty campsites, good fishing, and tranquil canoeing, head for campgrounds near, but not on, US-61, especially on Ninemile, Devil Track, and Two Island lakes, and on the Temperance, Poplar, and Cascade rivers.

Superior National Forest, Dept. BHG, Box 338, Duluth, MN 55801; 218/720-5324. For a Boundary Waters Wilderness permit, send $5 with desired date and place of entry to the same address, or call ***218/720-5440.***

Minnesota Office of Tourism, 100 Metro Sq., 121 E. Seventh Pl., Dept. BHG, Saint Paul, MN 55101-2112; 800/657-3700 or 612/296-5029.

—By George S. Bush

WYOMING–MONTANA COUNTRY HIGH AND LOW

A person can attain unprecedented highs and descend to remarkable lows in this part of the country.

The highs and lows in Wyoming and Montana were once reserved for a select few—Native Americans, explorers, trappers, pioneers and ranchers. Today, these two Rocky Mountain states provide that opportunity to anyone willing to leave behind crowded cities, congested freeways, and cluttered sidewalks.

For you see, our highs and lows are those provided by Nature. Highs come from climbing the Grand Teton and viewing the top of the world from the Going-to-the-Sun Road. And out here, low doesn't mean depressing but rather a chance to see nature from the bottom looking up—like from inside the Grand Canyon of the Yellowstone or from Flathead Lake up at the Mission Mountains that border the valley.

Sometimes, the highs and lows are ever-changing. Geysers like Old Faithful erupt from deep within the ground to a height of 130 feet and then slowly die back down until the next eruption.

Sunrise and sunset in "Big Sky Country" are a time to stop and watch the horizon, experiencing the grandeur of nature without the obstructions of urban living.

For the adventurous, highs in Montana and Wyoming can be reached via bicycle, foot, climbing ropes, canoe, snowmobile or skis. You can also reach some heart-stopping lows via whitewater raft and downhill skis.

But for those who prefer a few less ups and downs, we also offer adventure on the level—walking along resplendent forested trails, photographing the largest collection of big game animals in the Lower 48 States, taking cattle drives on some of the West's biggest ranches, uncovering million-year-old fossilized mysteries, fishing blue-ribbon streams that offer a lot more than your average fish story.

Nature, virtually unspoiled, is what sets Montana and Wyoming apart from the rest. It's a country where the major rivers of the U. have their beginnings, where the air is still sweet and refreshing. Even a bath, taken i natural hot spring, is prepared by Mother Earth herself.

The adventure and beauty isn't limit the outdoors, either. World-class collectio western art are on display at the Buffalo B Historical Center in Cody and the Charles Russell Museum in Great Falls. The Gran Teton Music Festival, comprised of the bes musicians across the country, plays in Jac every summer just about the time choirs fr around the world are converging on Misso for a joyous international music celebratio

The only thing that's not an adventu getting here. While the original inhabitant found travel a challenge (mountainman Jo Colter was once chased, naked, by a band Blackfeet Indians intent on his demise), vi today will discover thousands of miles of w maintained highways and scenic byways, w serviced airports in all corners of the two states, and well-marked trails for those wh want to see Wyoming and Montana by foo (although perhaps at a slower pace than th Mr. Colter.)

The Old West is still a part of this re and you won't find it anymore real than o streets of Montana's Virginia City or insid Wyoming's Ft. Laramie. And, the people y meet are neighbors who become friends fo

So come on to Montana and Wyomin You'll discover the land of adventure, the that gives new meaning to "life's little ups downs."

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CHOOSING AND USING EGGS

Eggs, like any perishable food, need special handling. To make sure your egg dishes are as good as they look, follow these guidelines.

SAFE HANDLING

- Purchase clean, fresh eggs from refrigerated display cases.
- At home, refrigerate eggs promptly in their original carton. Do not wash eggs before storing or using.
- Discard eggs with cracked shells.
- For the best quality, use refrigerated raw eggs within one week. You can store them safely, however, for as long as five weeks. Use leftover yolks and whites within four days and refrigerated hard-cooked eggs within one week.
- Avoid keeping eggs out of the refrigerator for more than two hours, including those for your egg hunt.

SMART COOKING, STORING

- Serve hot egg dishes right away.
- Refrigerate chilled dishes containing eggs immediately after mixing.
- Chill egg-based leftovers promptly. Serve within 3 to 4 days.
- Using uncooked or slightly cooked eggs in such recipes as mayonnaise, meringue pies, or Caesar salad can be hazardous, especially to people vulnerable to salmonella—the elderly, infants, children, pregnant women, and the seriously ill. Commercial forms are safe because they are made with pasteurized eggs. Pasteurization destroys salmonella bacteria.

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SET THE MOOD WITH COLOR TO DINE IN STYLE

Moody hues set the scene for even the most casual dinners. Give your room a quick change with a simple spin of the color wheel. Go for bold color if you like staging meals with imaginative or dramatic table settings. Or bathe the room in a subtle scheme if you want it to speak of comfort and relaxation.

Clues for colors come from a range of inspirations. Interior designer Mary Dale Watson looked into the painting that dominates the dining room (*right*) to find the eggplant purple wall color. The strong hue lets her create a room that lives up to the drama of the art.



Strong color contrasts, such as white played against deep purple, create visual excitement for dramatic decorating.

"Originally the walls were painted white," says Mary Dale. "But with the white marble table and bleached chairs, the painting seemed to float away. The purple walls hold the painting and provide a much cozier atmosphere for dining." Now the white table and chairs stand out like sculpture against the rich wall color.



To kick back in comfort, wrap a room in colors as warm as a roaring fire. Wicker and wood also contribute warmth.

If you're seeking a more casual dining atmosphere, think soft colors and old-fashioned flair. The dining room (*right*) warms up with a biege wall covering that gives the impression of old stucco walls. An antique pine table surrounded by white wicker chairs continues the casual, nostalgic mood.

Infusing some color in this neutral scheme, blue-and-white chair pads echo the hues from plates displayed across the upper walls and mantel. Crisp white woodwork and blue-and-white plates break up the expanse of beige and help enhance the textural look of the wall covering.

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SUPERMARKET TIMESAVERS
Shopping for shortcut foods



It's 5:30—time for a quick stop at the supermarket on your way home. At the top of your list is anything that'll help get dinner on the table fast. Yes, you *can* do it without stopping at the drive-through of your local fast-food eatery.

Saving time is easy with your supermarket's bevy of easy-on-the-cook food products. Sometimes you may spend a little more money, but probably not as much as buying the same meal ready-made. Ready? Grab your shopping cart to find the best convenience values in your supermarket.

FRESH PICKINGS IN THE PRODUCE DEPARTMENT

Preparing produce chews up kitchen time, so look for:

- Cut up vegetables, such as coleslaw mix or broccoli flowerets. With them, you can make super-fast salads, stir-fries, or pasta dishes. Though the price may be higher, remember—you're not paying for the parts you don't eat.
- Bottled minced fresh garlic, onion, and ginger, or frozen chopped onion. Though they cost more than fresh, you'll find these items go further. Keep them on hand always.

CHOICE MEATS, POULTRY, AND FISH

The thinner the cut, the faster it cooks. At the meat counter you'll find:

- Fully cooked meats, with low-fat or low-sodium alternatives. Stuff them into sandwiches or chop them for pasta or egg dishes, soups, or casseroles.
- Meat and poultry, precut for stir-frying. Besides stir-fries, you can make fast-broiling kabobs, sandwich fillings, or potato toppers.
- Thin chicken and turkey cuts, such as boneless breasts, tenderloins, and steaks. Sauté or broil them with a few seasonings in less than 15 minutes.
- Frozen diced chicken. Use it in any recipe calling for cooked chicken—casseroles, sauces, soups, and salads.
- Frozen shrimp and inexpensive surimi. Try them in salads and sauces.
- Canned chicken, beef, and tuna. Use these sandwich and salad staples in casseroles and sauces, too.

BREADS FROM THE BAKERY

You can have that wonderful fresh-baked flavor and aroma, without ever kneading a thing, by serving:

- Refrigerated bread doughs. Just shape and bake as the package directs.
- Frozen patty shells. Bake and fill with a salad or stew from the deli.
- Refrigerated or frozen pie crusts. Bake and fill with pudding and fruit. Top with whipped dessert topping.
- Garlic loaves. Add meat toppings and veggies, then heat through for a crusty hot sandwich.
- Pizza crusts or Italian bread shells (Boboli brand). Make your own pizzas with pasta sauce, cut-up vegetables, deli meats, and cheese. It's about as fast as take-out or delivery.

THE VALUE OF TIME

How do you choose between convenience and the extra cost? These hints may help:

- **Compare the cost per serving. If a convenience food costs three times more than the from-scratch ingredients, consider whether it's worth the time saved.**
- **Check the cost per pound of meats. Boneless cuts will have less waste than cuts with bones, skin, and trimmable fat.**
- **Use a calculator while shopping, then divide the cost by the number of meals you plan to serve. Is it less than eating out or serving fully prepared foods?**
- **Use coupons and store specials. Manufacturers tend to offer discounts on convenience items.**

STROLLING THE AISLES

Some favorite standbys may not be new, but convenience keeps them on the front line of store shelves.

- Biscuit mix. Besides biscuits, you can make everything from pizza crusts to shortbread and pancakes.
- Canned soups. They're handy for fast sauces or stir together casseroles.
- Quick-cooking rice mixes. For main dish, add meat and vegetables.
- Pasta. Cook some of the tinier pastas such as couscous, in 5 minutes.
- Nonstick cooking spray. One squir saves the mess of greasing pans.
- Eggs. One of the oldest fast dinner around, they're easy on the pocketbook

DELI FIXINGS

Peer into your deli case and let th ideas flow. Can you transform a sala into a sandwich filling or sliced mea into a casserole? Look for these:

- Cut-up fruit. Puree for a low-f sauce or use in salads and desserts.
- Pasta salad. For an entrée, toss wit cut-up deli meats and fresh vegetables
- Meats and cheeses. Pair them with deli relish and soft hoagie rolls f homemade submarine sandwiches.

AWAII INTRODUCES SHORTCUTS TO ETTER ENTERTAINING.



UT 1: THE OUTRIGGER



er the pineapple, leaving n on.



B. With a curved knife, cut the fruit from the shell.



C. Remove the fruit and cut crosswise into sections. Place the sections back into the shell, staggered.



CUT 2: THE SPEAR



A. Cut the top and bottom off the pineapple, then cut the shell away a strip at a time.



B. Remove the "eyes" by cutting away diagonal strips.



C. Cut cylinder of fruit into spears. To make smaller wedges, cut spears crosswise.

UT 3: THE BOAT



e pineapple and crown



B. Using a curved, serrated knife, cut the fruit from the shell.



C. Remove the core and cut the fruit into chunks. Place the fruit back into the shell alone or mixed with other fruits.



Add Fresh Hawaiian Pineapple to your next menu plan and both you and your guests will get a sweet surprise. With just a few quick cuts, you can transform a whole pineapple into a host of juicy party favorites. Your guests will enjoy an unexpected taste of paradise and a touch of island hospitality in every bite.

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SPECIAL LIGHTING EFFECTS

When you slap on paint, lay down new carpet, and roll out fabric during a room redo, remember to in clude a lighting plan in your decorat ing scheme. Wall washing and wal grazing lighting techniques can dra matize rooms and magnify details tha you probably wouldn't notice witl only conventional room lighting.

Wall washing distributes ligh evenly across a wall, turning it into focal point. Wash an area with light t emphasize an architectural elemen such as a fireplace, accent a wall tha showcases art, or dramatically light piece of furniture. Don't use wa washing on windows and mirror however; it creates a glare rather tha a wash. Instead, try grazing.

You'll find wall-washing recesse and track fixtures, called wall wasl ers, in lighting showrooms. The splash a large beam of light on th wall by directing light to one side the fixture with reflectors. The refle tors, not the bulb, should do the wor Install wall washers about 24 to inches from the wall and space the the same distance apart as from t wall. This will distribute light even from top to bottom across the area.

Wall grazing cascades light dov a wall to emphasize the pattern a texture of its surface. You can sho off the ruggedness of brick or ston the satin smoothness of draperies, the nubby texture of a wallcovering

To graze a wall with light, inst recessed downlights or track heads to 12 inches from the wall, about 6 12 inches apart. Aim the floodlig or spotlights straight down.

Whether you wash or graze a w with light, pull seating pieces enough from the wall so that light v not shine in the eyes of persons seat

For more info on decorating w light, call the American Lighting sociation: 800/274-4484.

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GARDENING

STEP UP IN STYLE



The steps are constructed of a framework of 4×8 pressure-treated timbers. Brick pavers set in sand form the treads.

A well-designed stairway can turn a hillsic hazard into an attractive landscaping asset. Before her ou door steps were built, Sally Wagner's steep front yard pose a slippery challenge each time she entered her Seattl Washington, home. "My old concrete steps were cracke and buckling," says Sally. "I was always concerned th people would slip or trip on them."

To avoid creating a bigger problem than she already ha Sally followed some basic construction rules: (1) Build minimum of two steps. Single risers can trip unsuspecti visitors. (2) Keep steps in proportion. Steps should never steeper than a 2 to 1 ratio (a 6-inch riser for each 12-in tread). (3) Pitch stair treads forward by one-fourth inch ensure proper drainage. (4) Never vary the rise or tre dimensions within one flight of stairs.

Sally's new brick-and-timber steps create a safe approa to her front door. No longer faced with a liability underfo she now steps up in style.

One Another"
color on fine porcelain
smaller than actual
of 8¼ inches
K. Cooper

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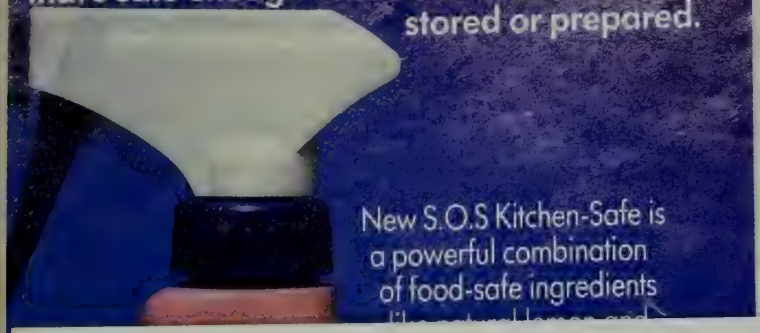


PayLess Drug Stores Has The Prescription For Spring Fever.

Prices Good Through April 30, 1993.

Strong On Safety

Now there's a new all purpose cleaner that's safe enough to use even where food is stored or prepared.

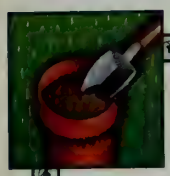


New S.O.S Kitchen-Safe is a powerful combination of food-safe ingredients

GARDENING

STEP UP IN STYLE





℞

Apply Directly To All Affected Areas.

A. Black Magic Potting Soil. Ready-to-use mix for indoor and outdoor plants. 20 dry qts. **$1.99**

B. Ortho Weed-B-Gon® Weed Killer. Ready-to-use. Kills assorted lawn weeds. 1/2 gal. **$10.27**

C. Ortho Home Pest Control. Ready-to-use. No messy mixing of chemical concentrates. One gal. **$9.99**

D. Ortho Diazinon PLUS™ Insect Spray. For use on lawns, fruit and shade trees, vegetables and ornamentals. Also controls nuisance pests. One pt. **$7.99**

E. Ortho Malathion 50 PLUS™ Insect Spray. Multi-use insecticide. One pt. **$7.99**

F. Ortho Sevin® Liquid. Controls Japanese beetles, Gypsy moth larvae, bagworms, and more. One pt. **$7.99**

Pay Less Drug Stores℠

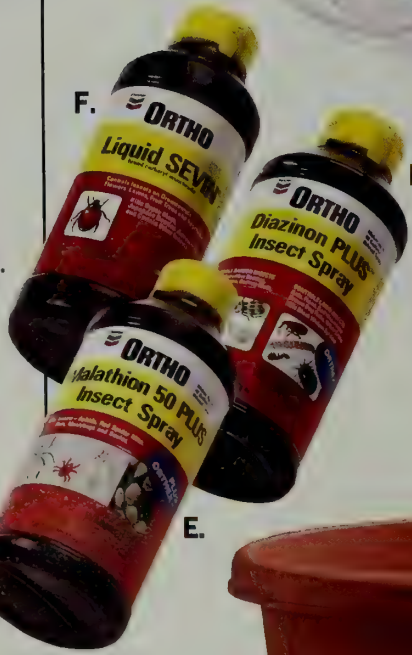


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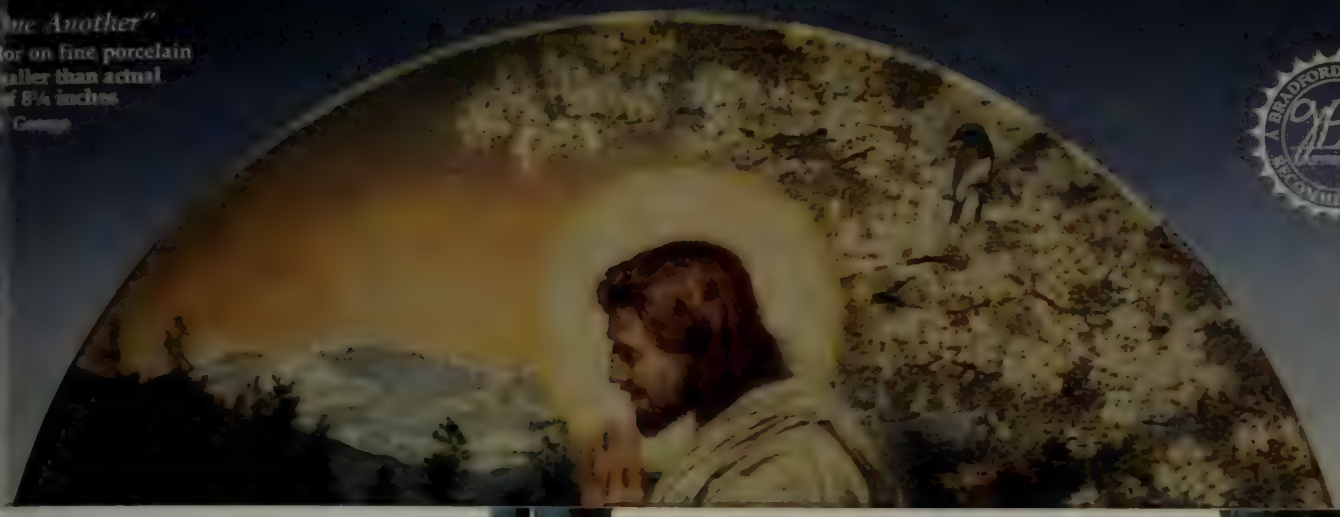


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One Another"
color on fine porcelain
smaller than actual
8¼ inches





n Bird Impulsilator™ Double
Sprinkler. Unique double
action. Model IO-28. **$9.99**

n Bird Dancing Waters
ting Sprinkler. Exclusive pul-
action. Model RB-97. **$16.99**

an Proflex Garden Hose.
m rubber/vinyl hose. Lifetime
ty. 50'. **$9.99**

bermaid® Classic Bowl.
e plastic. Terra cotta color.
.99

bermaid Classic Pots.
eight plastic. Terra cotta
16" - **$6.99** 20" - **$9.99**

bermaid Classic Saucers.
e with Rubbermaid Classic
16" - **$3.29** 20" - **$4.49**

bermaid Window Box.
c design. Won't leach or show
e. 24". **$5.99**

bermaid Window Box Saucer.
ts from spills and overflow.
.99

ng Color Plants. Grown
Assorted sizes. Plant now
oms all season long.

tts Turf Builder. Patented
lease fertilizer. Feeds up to
sq. ft. **$9.99**

tts Turf Builder Plus 2. Feeds
hile it kills broadleaf weeds.
up to 5,000 sq. ft. **$12.99**

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Strong On Safety

Now there's a new all purpose cleaner that's safe enough to use even where food is stored or prepared.



New S.O.S Kitchen-Safe is a powerful combination of food-safe ingredients

GARDENING

STEP UP IN STYLE





A.

E.



Rx

Get Plenty Of R

A. Enviroshade Pavilion. Hi fabric blocks 83% of harmfu rays. Easy assembly. 9'x9'

B. Breathmaster® Replacer Cushions. Chair and chaise All protected with Scotchga Chair cushions - **$14.99**; Ch cushions - **$22.99**

C. Sunstyle® Replacement Chair and chaise cushions. Constructed for extra strer durability. Chair cushions - Chaise cushions - **$35.99**

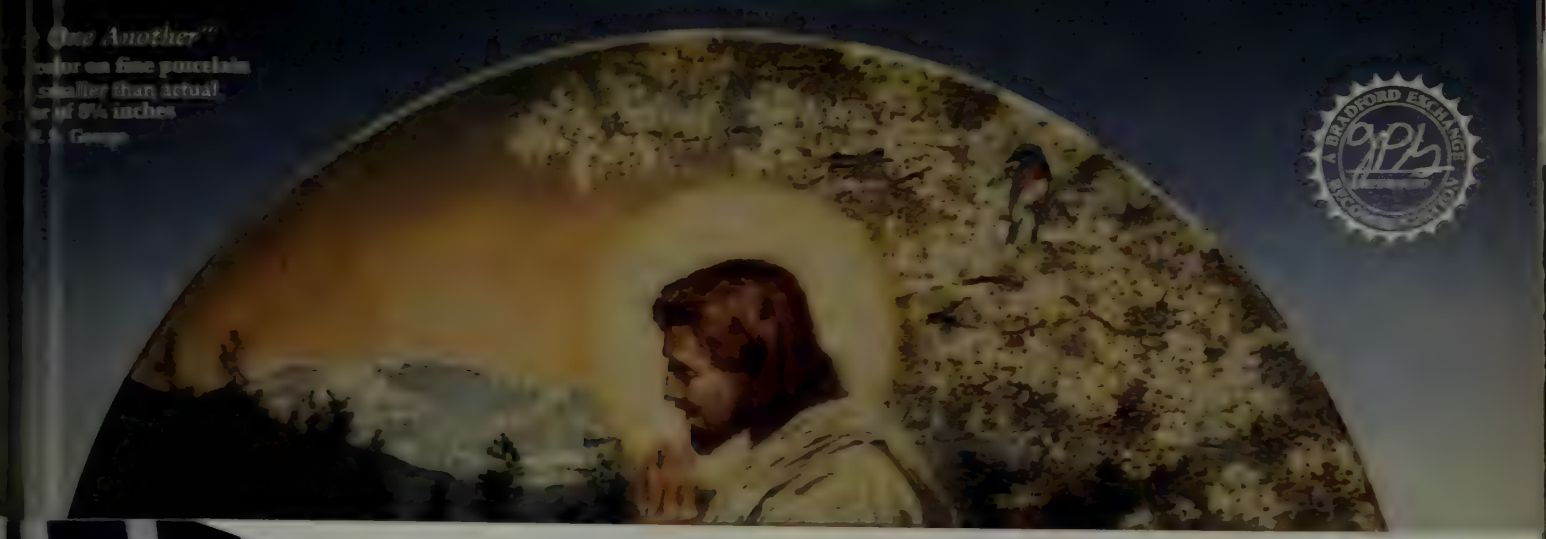
D. Paratex® Replacement C Chair and chaise cushions. fading, mildew, and wear fo years or more. Chair cushic **$24.99**; Chaise cushions -

E. Five-Piece Patio Furnitur Includes 40" round, glass t and four steel, cushioned ch **$199.99 set**

F. Syroco Regal Resin Arm Durable molded plastic. teal, ruby, and white. **$9**

Pay Le Drug St

One Another"
color on fine porcelain
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. S. George





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GARDENING

STEP UP IN STYLE



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E.

Take Two Batteries And Call Us In The Morning.

A. Eveready Energizer Batteries. AA 8-pack. **$5.9**

B. Eveready Energizer Batterie Your choice, 4-pack, C or D. **$4.**

C. Eveready Twin Pack Flashlig with D Batteries. Value pack wi flashlights for home and auto. 3251BP2. **$5.79 pack**

D. Conair Infiniti Clear Designe Telephone. Lighted keypad, hea aid compatible, 3 one-touch pri keys. Model XS1000. **$19.97**

E. Conair Infiniti™ Designe Phone. 3 one-touch memory keys, illuminated key pad, la number redial. Model XS10 **$19.97**

F. Conair Infiniti Cellular-Styl Telephone. Desk or wall moun handsfree dialing and last numb redial. Model XC2000. **$19.97**

Pay Less Drug Stores

One Another"
...on fine porcelain
...smaller than actual
...of 8¼ inches
...V. A. Cooper

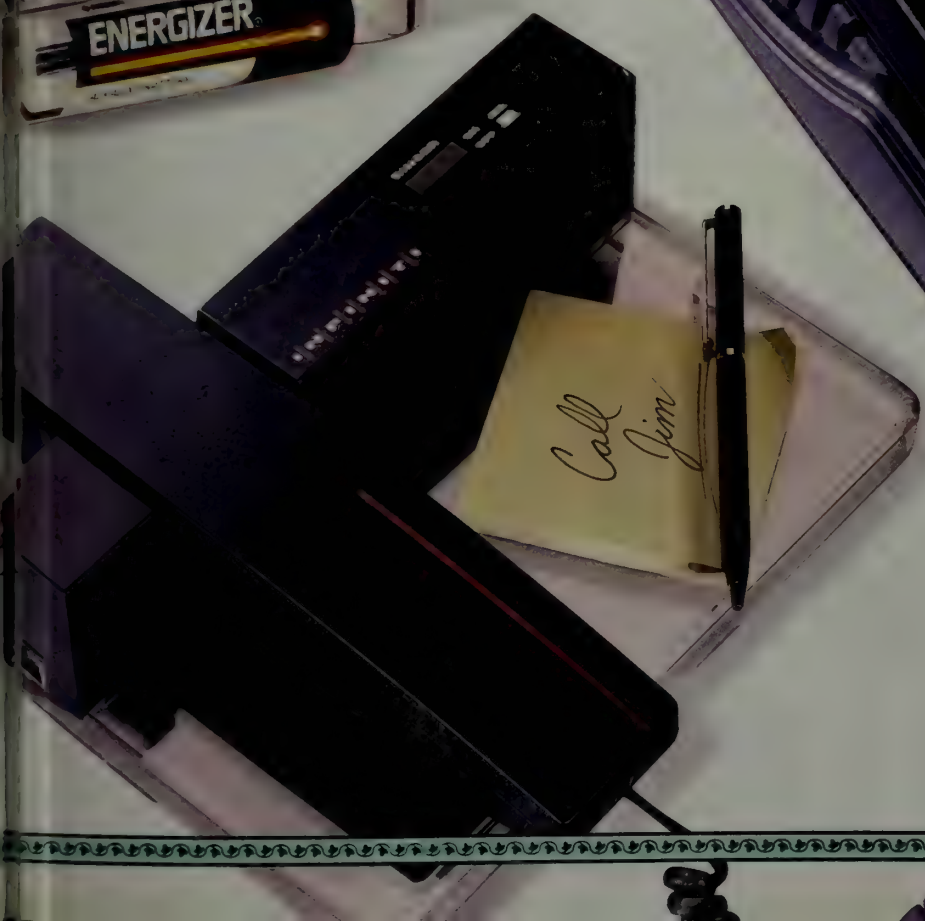
A BRADFORD EXCHANGE LIMITED EDITION

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Strong On Safety

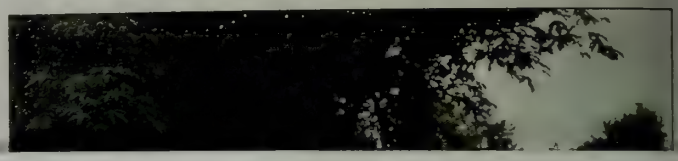
Now there's a new all purpose cleaner that's safe enough to use even where food is stored or prepared.



New S.O.S Kitchen-Safe is a powerful combination of food-safe ingredients

GARDENING

STEP UP IN STYLE



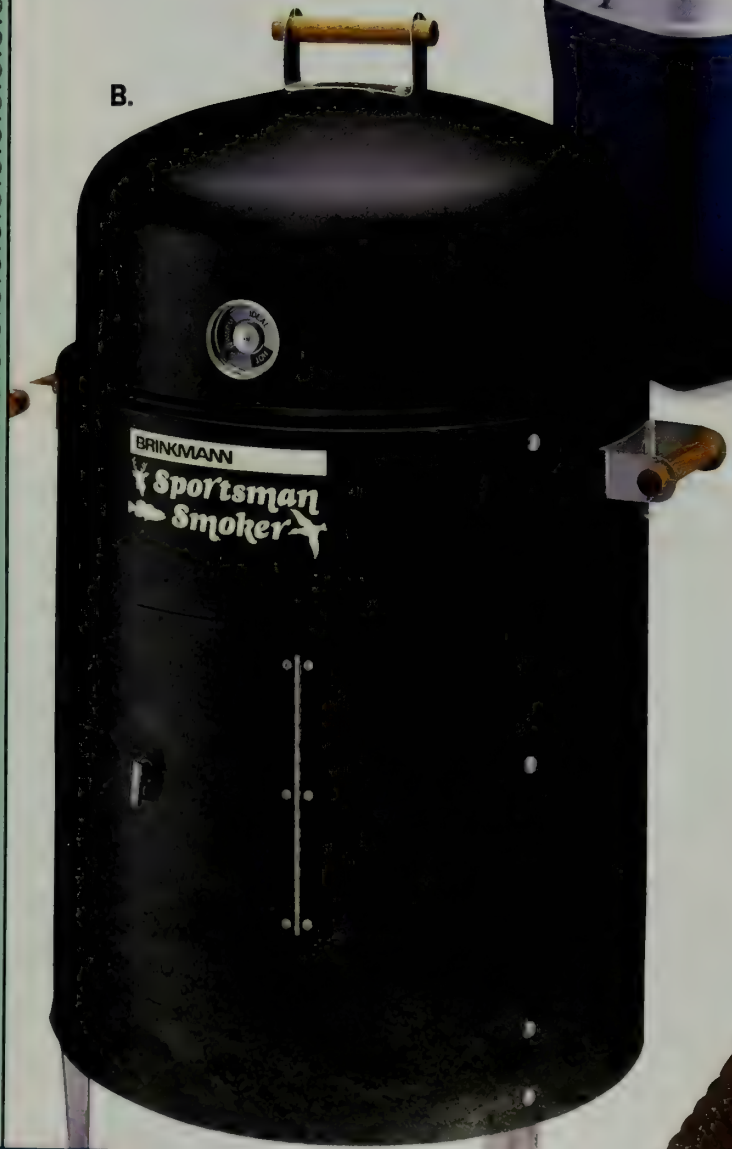




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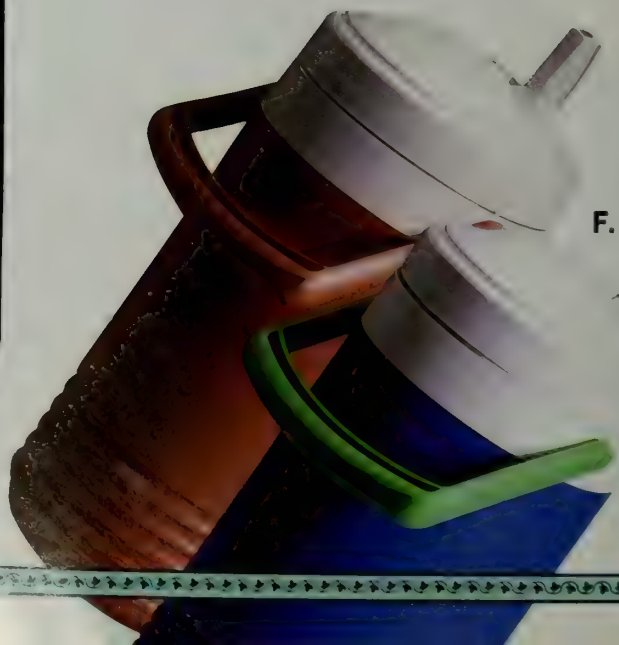
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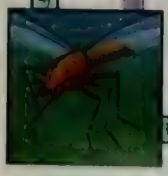


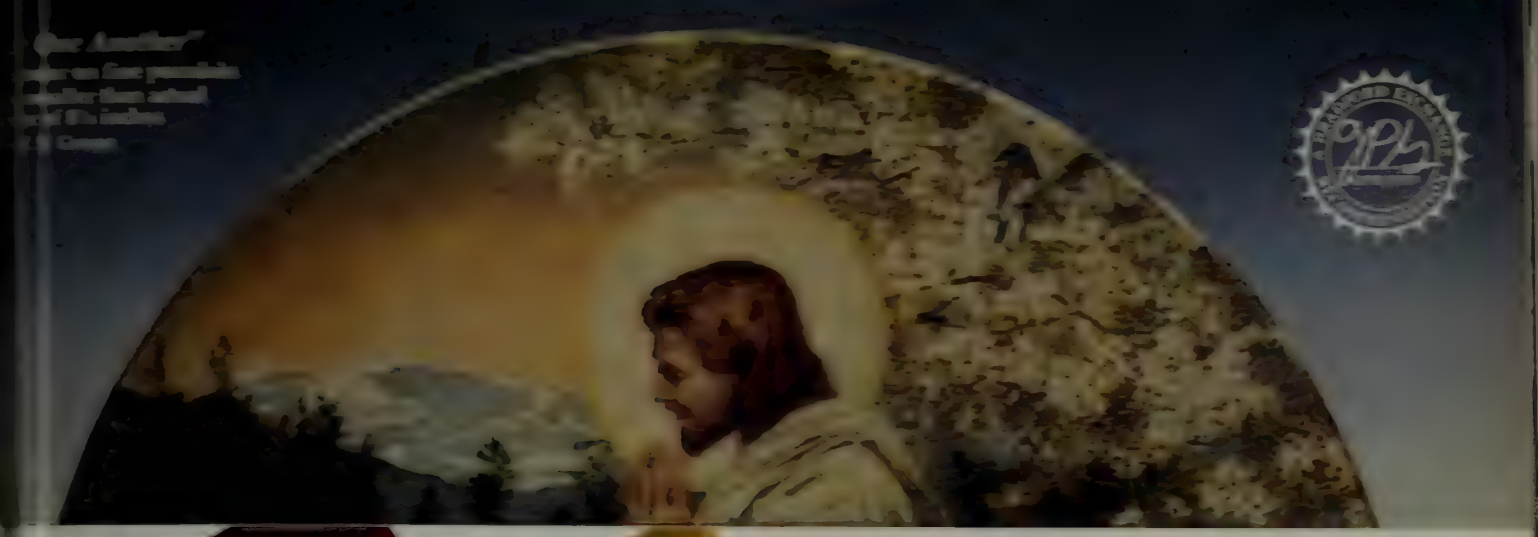






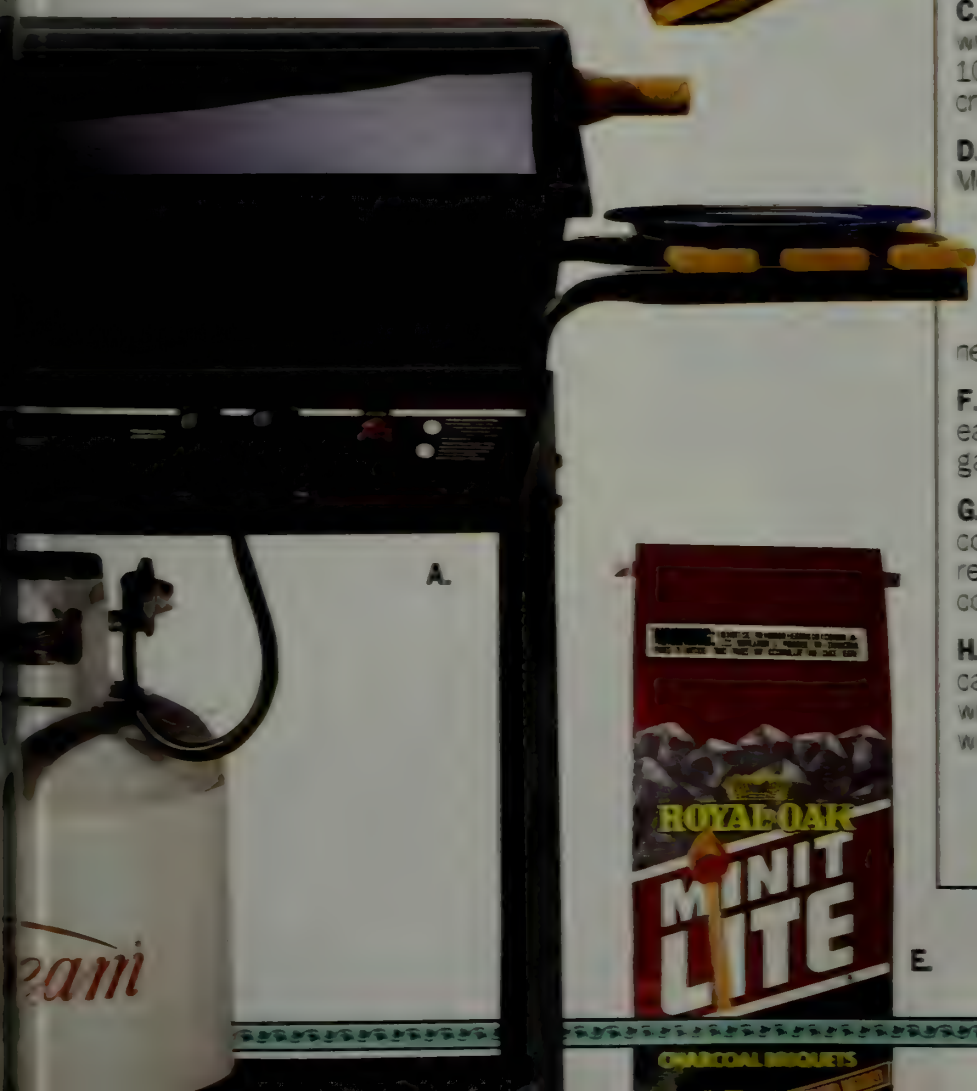
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Use Liberally As Conditions Warrant.

A. Sunbeam Gas Grill. 24,000 BTU dual burner. 225 sq. in. total cooking area. **$98.88**

B. Brinkmann® Smoke 'N Grill®. Charcoal water smoker / grill. For smoking, roasting, steaming or barbecuing. Model 810-5301-C. **$39.99**

C. Royal Oak® Charcoal or Charcoal with Mesquite. Both fast starting. 10 lb. plus 2 lb. bonus bags. Your choice. **$2.99**

D. Royal Oak Hickory Chips or Mesquite Chips. Kiln dried to assure proper moisture. 2 lb. bags. Your choice. **$1.99**

E. Royal Oak Minit Lite Charcoal. Instant lighting. No lighter fluid needed. 8 lb. bag. **$2.99**

F. Igloo Legend Jug. Designed for easy pouring and easy carrying. One gal. capacity. Model 2279. **$5.99**

G. Rubbermaid Tote 6®. Personal cooler. Holds six cans. Patented refreeze bottle included for added cooling power. **$7.99**

H. Rubbermaid Tall Ice Chest. 20 qt. capacity. Holds 2-litre and most wine bottles upright. Full 6-yr. warranty. Model 1821. **$12.99**

Pay Less Drug Stores



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Now there's a new all purpose cleaner that's safe enough to use even where food is stored or prepared.



New S.O.S Kitchen-Safe is a powerful combination of food-safe ingredients

GARDENING

STEP UP IN STYLE



Rx

Administer As Directed To Increase Enjoyment Of Outdoors.

A. Visine Eye Drops. AC Allergy Relief formula. 1/2 oz. **$3.69**

B. Afrin Nasal Spray. Original or Menthol formulas. Provide up to 12 hours of relief. 15 ml. **$4.49**

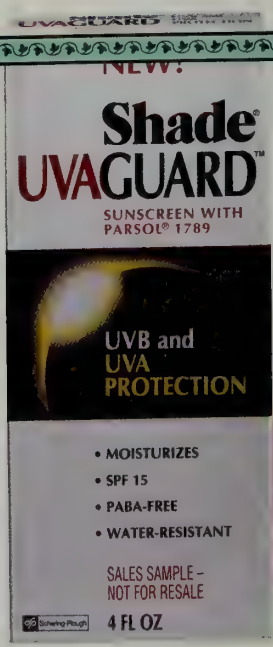
C. Tavist-1 Antihistamine or Tavist-D Antihistamine/Nasal Decongestant. Both in original prescription strengths. 8 tablets. **$3.99 ea.**

D. Shade UVAGuard. UVB and UVA protection. SPF 15, paba-free, waterproof. 4 fl. oz. **$9.99**

E. Water Babies Sunblock Lotion by Coppertone. UVA-UVB protection. Hypo-allergenic, waterproof, paba-free. 4 fl. oz. **$7.49**

PayLess Drug Stores

For The PayLess Drug Store Nearest You, Call 1-800-685-5355



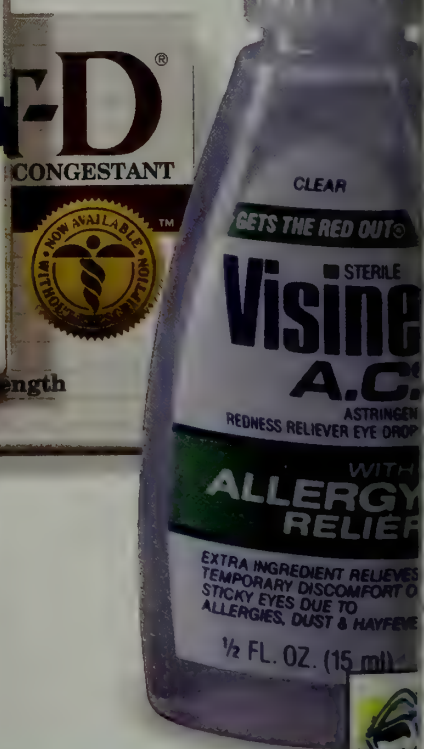
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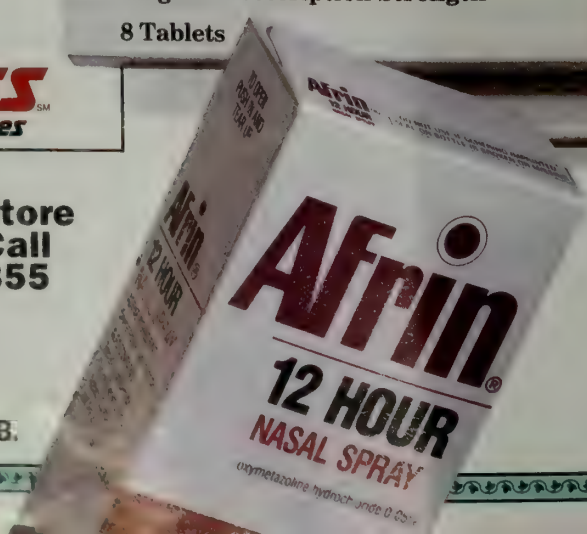
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One Another"
lor on fine porcelain
smaller than actual
out 8½ inches



This Holy Season "Love One Another"... a Bradford Exchange recommendation

mes to the garden alone, while the dew is still on ses. Surrounded by the rich beauty of His Father's on, the Saviour prays with humility and grace. ebrate the Holy Season with this important ple of inspirational art by Chuck Gillies. This ed moment has been re-created on a porcelain ed edition collector's plate for you to treasure. like exceptional collector's plates that command reds of dollars on the plate market, "Love One ner" appears to have what it takes to go up in once the edition closes.

ne exceptional plates appreciate in value; some go down, and many remain at or near issue But the edition of "Love One Another" is strictly d to a maximum of 150 firing days, and demand ected to be strong. So if you wish to obtain this at the $29.50 issue price, the time to act is now. er your plate—fully backed by our unconditional ay guarantee—send no money now, simply lete and mail the coupon at right. ©1992 BGE GLB-329

THE BRADFORD EXCHANGE
9345 Milwaukee Avenue
Niles, IL 60714-1393

Please respond by: April 30, 1993

YES. Please enter my order for "Love One Another."

I understand I need SEND NO MONEY NOW. I will be billed $29.50* when my plate is shipped.
Limit: one plate per order.

X _____ ( ) _____
Signature Telephone

Mr. Mrs. Ms. _____
Name (Please Print Clearly)

_____
Address

_____
City State Zip

*Plus a total of $3.49 postage and handling, and sales tax where applicable.
Pending credit approval. The plate price in Canada is $39.50. 7541-E81291

And to think you were just going to paint them white.





Bring out the designer in you with American Accents, a complete collection of color-coordinated paints that make decorating easy.

Choose from three color families: *Classic*, featuring strong and dramatic colors; *Garden*, including earthy nature colors; and *Heritage*, with traditional colonial colors.

In brush or spray. All made to match. All made to last. By Rust-Oleum.

AMERICAN ACCENTS™
BY RUST-OLEUM
The Accent's On Style.

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HOW TO PROTECT YOUR EYES

Make a spectacle of yourself. These low-cost safety products will keep irritating dust from your eyes and prevent serious eye injury whenever you're scraping, sanding, sawing, or hammering.

Soft-plastic safety goggles, which resemble the masks worn by undersea divers, can slip right over your prescription glasses. Although they excel at deflecting dust, they tend to be less comfortable than safety spectacles. These spectacles look like regular prescription glasses, except they offer needed side protection.

Expect to pay about $3 for goggles and $7 for spectacles at most hardware stores. Let comfort help decide the exact pair you choose. Also, check the label for compliance with federal safety standards.

CRAFTS FOR THE DOOR



Using our patterns, even a novice can create stylish door decorations. There's a different one for every month.

Greet your guests in style with these easy-to-make front door decorations. There's a different design for every month.

Celebrate spring by displaying the rabbit, summer with the watermelon, fall with the pumpkin, and winter with the Christmas tree and snowman. Plus, you'll receive a country heart, an apple, a shamrock, a flag, a turkey, leaves, and a basket of tulips.

Better Homes and Gardens® magazine has joined with the editors of *Decorative Woodcrafts*® magazine to offer these patterns. You'll receive full-size patterns for the welcome banner and for the 12 original attachments.

The package includes easy step-by-step instructions for cutting the wood, applying the acrylic paint, and finishing the project. This project is sure to be enjoyable no matter what your skill level. Cut each piece from 1-inch pine using a jigsaw, band saw, or scroll saw. If you prefer to order the wood shapes, we've included the source.

To order, send your name and address plus $9.95 (U.S.) check or money order to: *Better Homes and Gardens* Pattern Sales, P.O. Box 9212-D43, Clinton, IA 52736. Price includes shipping and handling. Money-back guarantee.



It's Tough Growing Up

Kids face a lot of choices every day. Here's a parent's guide to helping them make the right one about not smoking.

Kids will tell you that it's tough out there. They face decisions every day, often complicated by peer pressure. Kids need someone to talk to, someone to listen.

Sometimes parents have to take the lead in talking to their children about the tough issues they face growing up. Your voice is the one they want to hear the most.

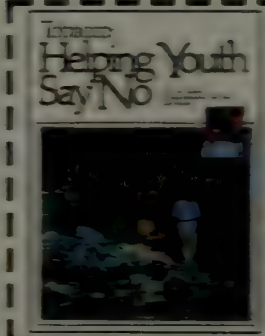
The tobacco industry does not want young people to smoke. Together with a group of educators who form the Family COURSE Consortium, we are offering a free booklet designed to help parents give their children the tools they need to resist peer pressure.

Write today for your free copy of "Tobacco: Helping Youth Say No," or call toll-free, 1-800-342-9099.

Smoking should not be a part of growing up.

Family COURSE CONSORTIUM

TOBACCO INSTITUTE



PLEASE SEND ME MY FREE COPY OF "TOBACCO: HELPING YOUTH SAY NO."

☐ English ☐ Spanish

Parents Guide
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Washington, DC 20016

NAME _____

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SAFETY FEATURES
What you should know when you buy a car

Automotive safety features fall into two general categories: *active features,* which help your car avoid an accident in the first place, and *passive features,* which help you and your family survive an accident. Both are crucial. Here's what to look for when you shop for a car. (*Cost* refers to optional equipment; features may be standard in some models.)

ACTIVE FEATURES

• Antilock brakes (ABS)

Purpose: Prevents steering loss and skidding during emergency stops, regardless of road conditions, even if you slam on the brakes. **Availability:** Standard on higher-priced cars and all Chevrolets (but not Geos). Optional now on most model lines—including minivans, pickup trucks, and sport utility vehicles. **Cost:** From less than $500 to more than $1,000. **Look out for:** Rear-wheel-only ABS systems help control the rear from skidding on slippery roads but do *not* prevent the front wheels from skidding while steering. Four-wheel ABS is better.

• Traction control

Purpose: Keeps the driving wheels from skidding when you accelerate on slippery roads. **Availability:** More expensive luxury cars and larger sedans. **Cost:** About $1,000. **Look out for:** Some systems apply the brakes to the skidding wheels; more sophisticated systems also cut engine power.

• All-wheel drive (AWD)

Purpose: Supplies driving power to front and rear wheels simultaneously for balanced and predictable handling as well as added traction on slippery roads. **Availability:** From low-priced subcompacts to premium European luxury models, minivans, and sport utilities. **Cost:** About $1,000 and up. **Look out for:** Don't confuse AWD with the driver controlled four-wheel drive (4WD) systems used for off-road vehicles, which should not be used on dry pavement or at highway speeds.

• Foul-weather visibility package

Purpose: Headlight washers and wipers and mirror defrosters keep the headlights and outside rearview mirrors clear during sloppy driving conditions. **Availability:** Still largely limited to more expensive models, though some sport utility vehicles have headlight washers. **Cost:** Standard equipment or less than $500. **Look out for:** Any model minivan, hatchback, or station wagon can be equipped with a rear window wiper and washer. Only the least expensive economy cars come without rear window defrosters.

• Easy-to-find and easy-to-use primary controls

Purpose: Allow you to honk the horn and turn on the lights, defroster, and windshield wipers without having to take your eyes from the road. **Availability:** From the least expensive economy car to the most expensive luxury model. **Cost:** Standard equipment. **Look out for:** Test drive any car before you buy it. During the drive, see how easy it is to honk the horn, etc.

PASSIVE FEATURES

• Driver and front-passenger air bags

Purpose: Cushions front-seat occupants in the event of a frontal collision. **Availability:** Driver's side air bags are found on subcompacts, luxury sedans, minivans, and sport utilities. Passenger-side air bags are found on larger and more expensive cars. **Cost:** Standard equipment to about $800. **Look out for:** An air bag in the steering wheel should not mean that the horn be difficult to honk, nor should an air bag in the dashboard eliminate the glove compartment. *Caution:* Air bags protect only in frontal impacts, and they work only once—you must wear your seat belt.

• Integral child seat

Purpose: Protects infants in case of an accident without needing to install a child safety seat. **Availability:** On Chrysler minivans and new, full-size sedans (Chrysler Concorde, Dodge Intrepid, and Eagle Vision). Volvo 850 has a fold-down rear seat armrest designed to serve as a booster seat for toddlers. **Cost:** Standard equipment, or up to $500. **Look out for:** Make sure your kids are within the seat's specified size, age, and weight range.

• Comfortable, convenient seat belts

Purpose: Encourage full-time seat belt usage. **Availability:** From low-price economy subcompacts to premium luxury sedans. **Cost:** Standard equipment. **Look out for:** Try on the seat belt with the seat adjusted to your liking. Many models have shoulder belts that are height adjustable; some have belt tensioning systems that maintain a margin of slack in the belt for comfort. Some even supply motorized arms which "offer" you the belt after you sit down and close the door. In minivans, look for lap/shoulder belts for all outboard seating positions, even in the third row of seats.

• Structural crashworthiness

Purpose: Critical for the car and all of its components to absorb the forces of impact in an accident while insulating the passenger compartment. **Availability:** Subcompact models, premium luxury sedans, and even two-seat convertibles. **Cost:** Standard equipment. **Look out for:** Major components—engine, transmission, fuel tank, and drive axles—engineered to move in a set and safe path in an accident. Doors designed to open even after the car's body has been deformed. Strengthened structural members in the floor, roof, and around the doors. Front and rear crumple zones that accordion upon impact to absorb forces.



John Hudick, Ford Quality Surveillance Inspector

"Sometimes quality comes from tearing a car apart."



At Ford Motor Company, we randomly select vehicles from our assembly lines and tear them apart to check the quality of the welds. It's just one of the many ways we monitor the safety and structural integrity of all our vehicles. At Ford Motor Company, our greatest strength is quality.

Ford

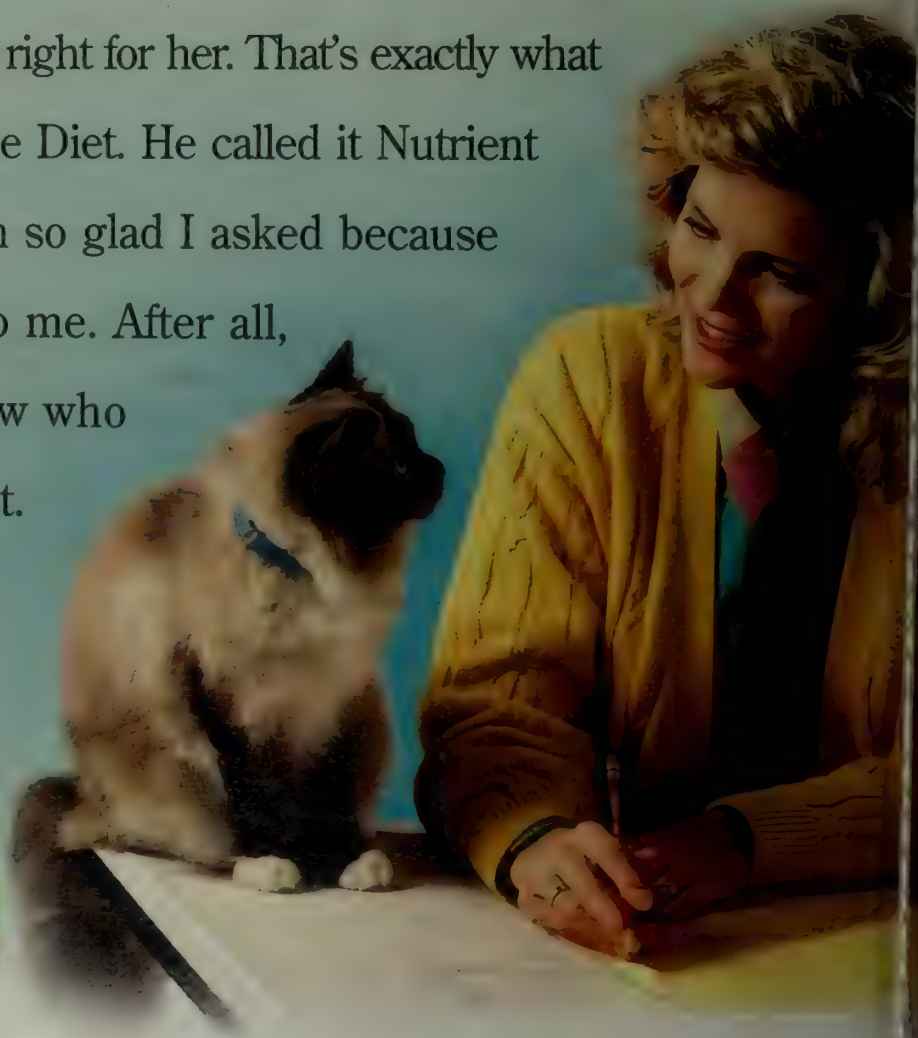
Ford • Lincoln • Mercury • Ford Trucks

QUALITY IS JOB 1.SM IT'S WORKING.

Always insist on genuine Ford Motor Company collision repair parts.

I admit it. I talk to my cat. And I don't mean just talk. I mean TALK. Real meaningful

conversation. In fact, more satisfying conversation than I have with most people. Naturally, I want to do everything I can to keep Cleo her healthy best. So, I asked my veterinarian what food he recommends. Without skipping a beat, he said, "Hill's® Science Diet®." He said just as I have to eat a proper balance of foods to keep healthy, Cleo has to have a balance that's right for her. That's exactly what she gets with Hill's Science Diet. He called it Nutrient Precision.™ I like that. I'm so glad I asked because Cleo is very important to me. After all, she's the only one I know who can actually keep a secret.



VETERINARIAN RECOMMENDED
Hill's SCIENCE DIET

A better life through nutrient precision.™



Hill's Science Diet is available exclusively at veterinary clinics and pet stores.

© 1993 Hill's Pet Nutrition, Inc.

A PET'S BEST FRIENDS
Choosing a veterinarian and a kennel for your pets


R. LLEWELLYN/SUPERSTOCK

A good veterinarian will show rapport with your pet.

How do you know if your dog or cat gets proper treatment from its veterinarian or at the kennel? After all, Sasha can't bark out a critique, and Felix's meows don't tell you much.

Jim Krack, executive director of the American Boarding Kennels Association, says, "The problem is that the person who pays the bill and makes the decisions is not the customer." Thus, you have to evaluate services on secondary evidence.

However, you *can* sniff out good professionals. Start your search by asking friends and relatives for recommendations. If their pets seem happy and well cared for, then their veterinarian and kennel may work well for your pet too.

Use the following tips to help you evaluate any professional you're considering for your pet.

SELECTING A VETERINARIAN

Be as fussy about choosing a veterinarian as you would be picking a pediatrician or other physician. Your pet's welfare depends on your decision.

After asking friends for recommendations, check with your state board of veterinary medical examiners to find out if any complaints have been lodged against the veterinarian.

"Most important," cautions Donna Marsden, spokesperson for the U.S. Humane Society in Washington, D.C., "if vets will not let you in their back room, do not use them. Their operating areas should be as clean as hospitals and without odor."

Visit the office to meet the veterinarian and determine your compatibility. Discuss such practical matters as office hours. If you work during the day, can you schedule early morning, evening, or Saturday appointments?

"Find out how emergency care is handled and what the billing procedures are," says Michael Walters, director of public information for the American Veterinary Medical Association in Schaumburg, Illinois.

Is the veterinarian available 24 hours a day? Who covers for the veterinarian in off-hour emergencies? Will the veterinarian take calls or answer phone messages if a crisis befalls your pet during the evening or weekend?

Ask if full payment is required after each visit, or if you can pay in installments or by credit card.

FINDING THE RIGHT KENNEL

The two prime considerations for picking a kennel, according to the American Boarding Kennels Association and kennel owners, are to discover the kennel's philosophy and to inspect the facility.

"The biggest problem dogs encounter is dealing with change," says Don Farb, co-owner of Shady Spring Boarding Kennels and Camp For Dogs in Maryland. "If a kennel follows the routine the dog is accustomed to, this minimizes the animal's stress."

A good kennel takes care of the dog's physical and psychological needs. Find a flexible kennel that will feed your pooch the food she usually eats at the time you usually feed her. That way Tippy won't pace and pant anxiously at her normal 3 p.m. feeding time until her meal appears at 6. Ask how often the dogs receive quality time. No staffer can replace Tippy's morning stroll with you, but some one-on-one time with a walker goes a long way toward alleviating Tippy's loneliness.

Find out whether the kennel administers medications and provides routine coat checks so that hot spots and other skin problems can be identified and treated quickly.

Visit the kennel and look for:

- Clean exercise areas protected from inclement weather.
- Safe and comfortable boarding areas. Does the kennel supply bedding or allow you to bring your pet's? Boarding cells should be large enough for your pet to turn around in and free of sharp objects.
- Friendly personnel with a rapport for animals.
- A viewing spot or visitor policy that enables you to see the boarding area.
- Fences that render the kennel secure, even for a high-jumping hound.

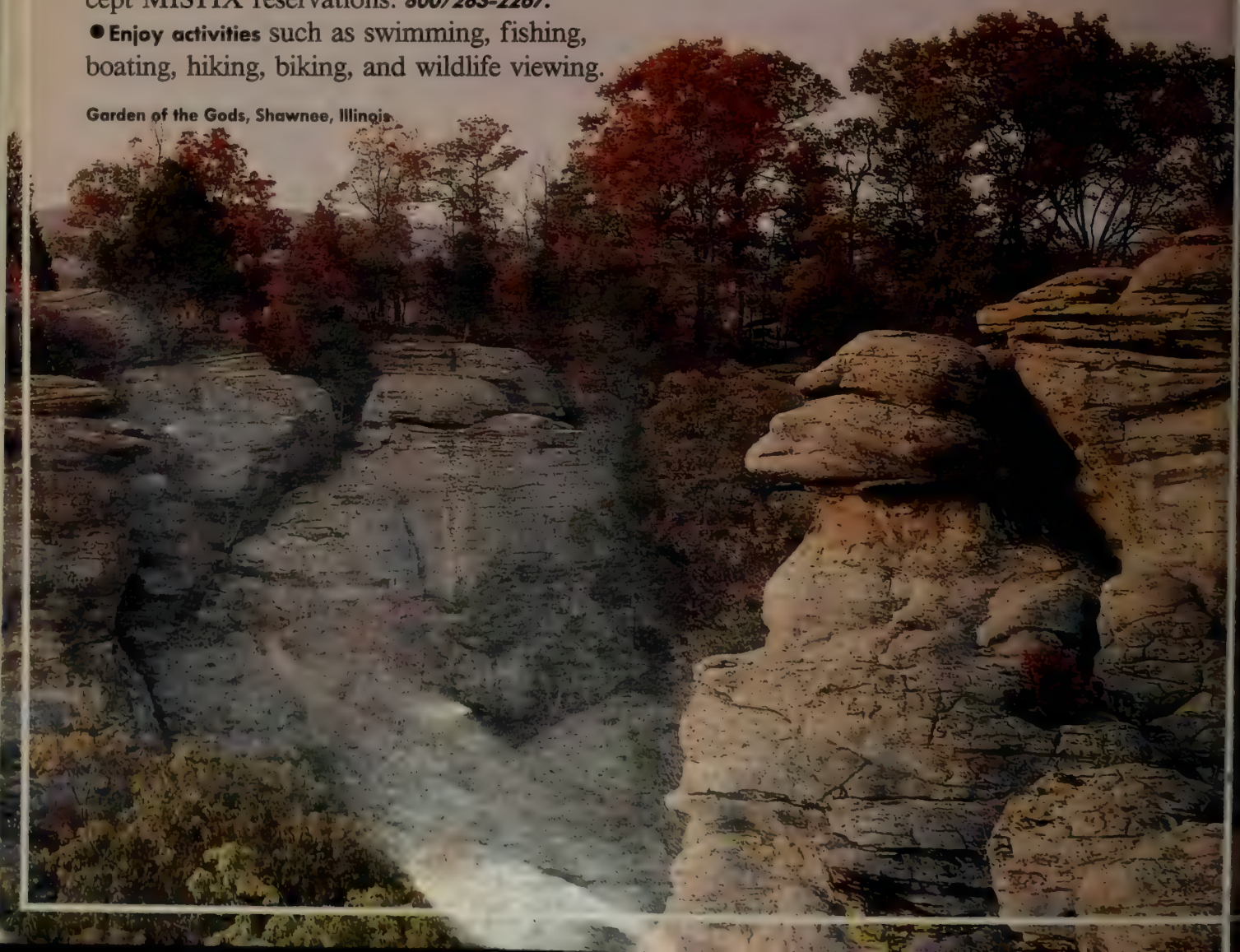
For a booklet on choosing a kennel, send $3.50 to the *American Boarding Kennels Association, 4575 Galley Rd., Suite 400A, Dept. BHG, Colorado Springs, CO 80915.* BH&G

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For great outdoor vacations at rock-bottom cost, come to our national forests. Rarely crowded, national forests boast glorious settings that often rival those of national parks. Here's what national forests let you do:

- **Camp for free** or for a nominal charge (usually $6–$8, but up to $14). Some forests accept MISTIX reservations: ***800/283-2267.***
- **Enjoy activities** such as swimming, fishing, boating, hiking, biking, and wildlife viewing.
- **Find a camping spot** even on busy summer weekends when national parks are full.
- **Stay in reasonably priced motels and resorts** in and around most forests.
- **Sample many of their splendors during a day trip.** When you don't have time for a vacation, you can still enjoy a national forest.



Garden of the Gods, Shawnee, Illinois

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BARGAIN VACATIONING IN OUR NATIONAL FORESTS

continued from page 204

FOR MORE INFORMATION

Request "A Guide to Your National Forests" from the *Consumer Information Center, Dept. 133Z-BHG, Pueblo, CO 81009.* Enclose $1 for the brochure.

Stop in at the national forest's headquarters. Ranger stations often can provide camping and hiking information and maps, including suggestions for day hikes of various lengths and ease.



The scenic beauty of the San Juan Mountains attracts visitors to Colorado's national forest.

PISGAH, North Carolina

In southwestern North Carolina, where the Blue Ridge Parkway rises to its highest crests, the mountains all around merge with the sky in a luminous haze that's as dusty blue as wood smoke and as mysterious as a veil. Within the dense forests that slant steeply from these spectral elevations, waterfalls chuckle through deep gorges and rhododendrons cling to impossible cliffs.

This fairy-tale landscape is the domain of Pisgah National Forest, whose highways and byways are among our most scenic roads. One of the most beautiful of these is US-276, which crosses the parkway 30 miles south of Asheville. Along its curvy descent from the parkway toward Brevard, this road samples all of Pisgah's splendors. Besides pink beds of rhododendron thickets, you'll spot a massive cascade called Looking Glass Falls, which wells out from under a towering rock shelf. At Sliding Rock, nature's original water slide, whooping kids and grownups whoosh down a smooth 60-foot rock slab in Looking Glass Creek that dumps them into a swimming hole.

Also on this 16-mile stretch of road is the Cradle of Forestry. America's first forestry school was founded under Vanderbilt auspices almost a century ago. Its campus, deep in the woods, is now a fascinating indoor-outdoor museum.

Not surprisingly, because of its convenience to Atlanta, Knoxville, and Charlotte, Pisgah is one of the most heavily visited forests. Still, you can often find campsites—even during summer vacation season—without having made reservations through MISTIX, a national forest reservations service.

Right on US-276, below Looking Glass Falls, is the big Davidson River Campground with showers and flush toilets. Other handy campgrounds in this part of Pisgah are Sunburst, Lake Powhatan, and North Mills River.

Pisgah Ranger District, Pisgah National Forest, 1001 Pisgah Hwy., Dept. BHG, Pisgah Forest, NC 28768; 704/877-3265 or 3350. Area information: *North Carolina Travel, 430 N. Salisbury, Dept. BHG, Raleigh, NC 27611; 800/VISIT-NC.*

SHAWNEE, Illinois

You don't have to travel all the way out west to find dramatic canyons much like those in John Wayne movies. Near the southern tip of Illinois, less than a half day's drive from St. Louis or a day's drive from Chicago, you come upon a wild landscape of dizzying cliffs and precipitous gorges, towering rock spires, and mazes of tumbled boulders. Created in the last ice age, these geological spectacles are in Garden of the Gods, part of Shawnee National Forest, 16 miles southeast of Harrisburg.



Bikers in Utah's Dixie National Forest can take a chair lift at Brian Head, then ride down.

The finest areas for canyon touring, besides the easy cliff-top trail in the Garden of the Gods, are nearby Pounds Hollow, Bell Smith Springs, and Rimrock. In Pounds Hollow, a short path descends into a romantic ravine, while the seven-mile canyon trail at Bell Smith Springs is more strenuous. Before the forest was established, Rimrock's overhanging, 12-story-high rock wall sheltered cattle. A 70-mile drive, designated as a Scenic Byway, between Mitchellsville and Hamletsburg connects all of these sites except for Bell Smith Springs.

For sites off the beaten path, set up at Teal Pond or Red Bud near Bell Smith Springs. If you want a swimming beach, camp at the forest's Lake Glendale Recreation Area, 25 miles south of Harrisburg; there's also a marina that rents fishing skiffs for going after bass, bluegills, and crappie. Cedar Lake has the best fishing spot.

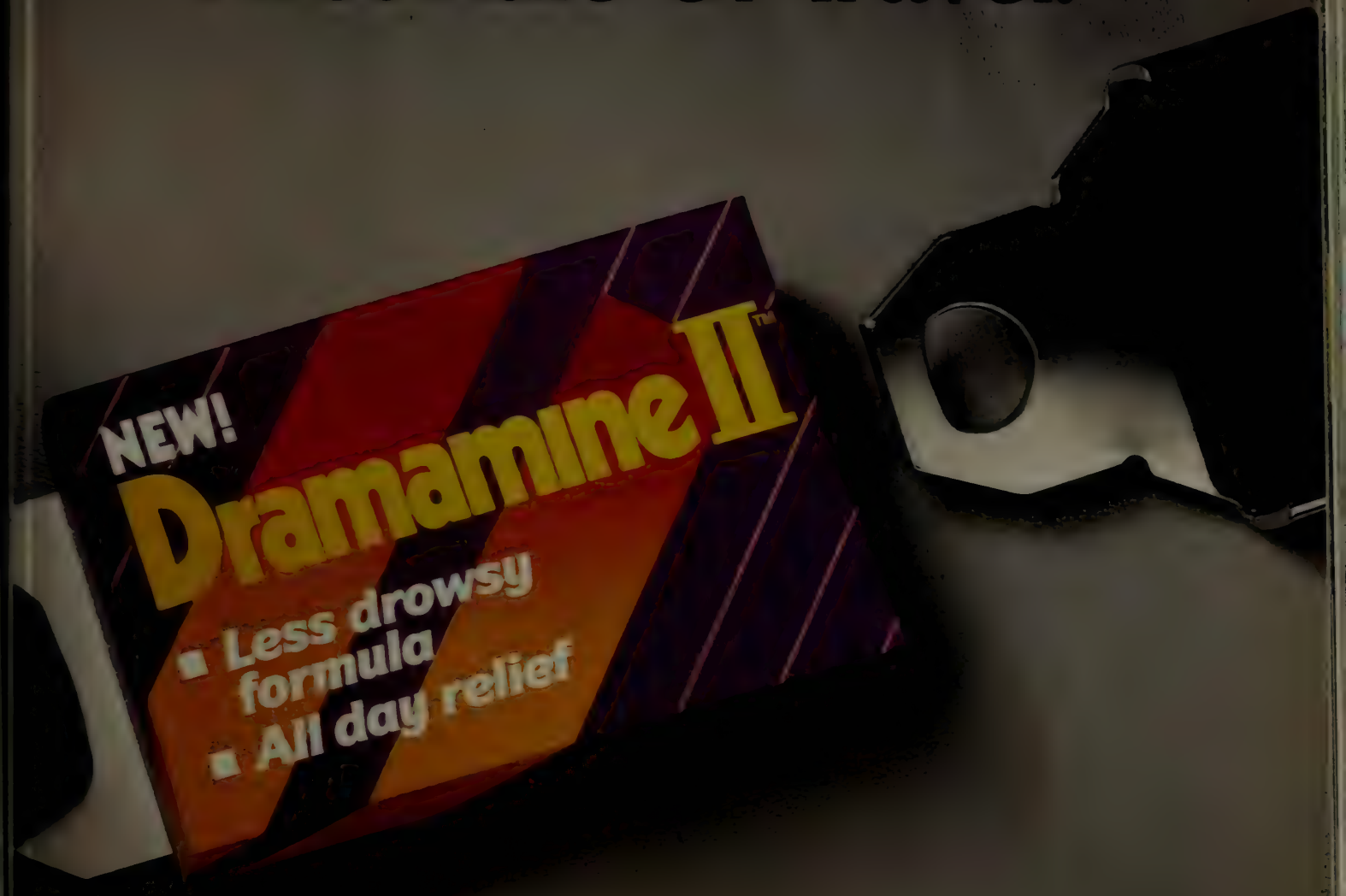
Shawnee National Forest, 901 S. Commercial, Dept. BHG, Harrisburg, IL 62946; 618/253-7114. Area information: *Southern Illinois Tourism Council, Dept. BHG, Box 40, Whittington, IL 62897; 800/342-3100 or 618/629-2506.*

DIXIE, Utah

Dixie National Forest is the place to go mountain biking in the sky—up so high that you can see around the bend of the earth.

continued on page 208

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BARGAIN VACATIONING IN OUR NATIONAL FORESTS

continued from page 206



Horseback riding is a popular activity in many national forests.



National forests normally have campsites even when nearby national parks are full.

Indeed, panoramas stretching for 80 miles or more are not uncommon on the gargantuan plateaus of southern Utah that make up this forest's two-million-acre domain. What's more, since plateaus are fairly flat on top, with few drastic ups and downs, the pedaling isn't as strenuous as in many other mountainous regions. Just don't overdo it on the first day. It takes a while to become acclimatized to Dixie's elevations, which often tower above 10,000 feet.

One great Dixie destination is Brian Head, elevation 9,750 feet, accessible by paved roads from I-15 at either Parowan or Cedar City. A popular ski resort, Brian Head keeps a chair lift running summer weekends to haul bikers to nearly 11,000 feet, thus keeping uphill pumping to a minimum.

Several bike trails are easy enough for novices. Fit bikers can pedal to the nearby Twisted Forest, one of the few places where you can see and touch the oldest living organisms on earth—bristlecone pines. Brian Head's nature walk program visits the Twisted Forest, but the easiest way to get there is by car. The Twisted Forest trail looks down on the red rock of Cedar Breaks National Monument, whose precipitous, erosion-carved walls and pinnacles drop away below you for more than 2,000 feet.

Brian Head accommodations, ranging from hotel rooms to condos, go for $45–$90 a night in the summer. Mountain bike rentals run about $15–$30 a day. Shuttle service is available for various regional trails. For a change of pace, Brian Head stages such special events as classical guitar concerts and photo workshops.

Farther east in the forest, on Highway 12 between the small town of Panguitch and Bryce Canyon National Park, you can camp in Red Canyon, another spectacle of erosion. Explore it on foot or bike. In this part of Dixie, rent bikes at Ruby's Inn, a famous food-and-lodging outpost at the gateway to Bryce Canyon. Ruby's charges $20 a day for bikes, $68–$78 for rooms; *801/834-5341.* Bike rentals to Bryce Canyon and Aquarius Plateau run about $20.

Dixie National Forest, Dept. BHG, Box 580, Cedar City, UT 84721; 801/865-3700. Brian Head: *801/677-2029.* Area information: *Color Country, Dept. BHG, Box 1550, St. George, UT 84770-1550; 800/233-8824.*

SAN JUAN, Colorado

Here's a special adventure for experienced backpackers. Let the narrow-gauge Durango & Silverton Railroad drop you off at a remote trailhead amid some of southern Colorado's highest summits.

The Durango & Silverton, steaming over one of the U.S.'s most spectacular routes, crosses a lofty divide in San Juan National Forest on its summer sight-seeing runs between those two popular tourist towns. You get off about halfway at Needleton, an isolated flag stop in the middle of nowhere, at about an 8,000-foot elevation.

There's still a strenuous half-day hike ahead—3,000 steep vertical feet in six miles—but you'll be fresh and rarin' to go after your train ride.

Your destination is the Chicago Basin, a paradise of wildflower meadows and catch-and-keep trout streams. It's a great place for wildlife watching too. Marmots whistle at you from boulders, and there are deer and elk and black bears, but no grizzlies.

Chances are that a volunteer of the San Juan National Forest Association will meet you on the trail to orient you and explain the precautions necessary to protect the sensitive ecology of this splendid enclave.

You may camp anywhere you like as long as you stay away from creeks, use a camp stove (no open fires permitted), and pack out your garbage.

When the time comes to return to civilization, you hike back down to Needleton and hail the next train that passes in your direction. The round-trip from Durango costs $37.15; under age 12, $18.65.

San Juan offers good campground camping at McPhee Reservoir north of Cortez, less than an hour's drive from Mesa Verde National Park.

San Juan National Forest, 701 Camino del Rio, Dept. BHG, Durango, CO 81301; 303/247-4874. To receive area information: *Southwest Colorado Travel, Fort Lewis College-MSC 108, Dept. BHG, Durango, CO 81301; 800/933-4340.*

HASSLE-FREE CAMPING NEAR CROWDED NATIONAL PARKS

National-forest camping comes in handy when you visit popular national parks whose campgrounds choke up by noon most days. Contact the forests below for information on camping near these popular parks.

- **Glacier.** ***Flathead National Forest, 406/755-5401.***
- **Grand Canyon.** ***Kaibab National Forest, 602/635-2681.***
- **Grand Teton.** ***Bridger-Teton National Forest, 307/739-5500.***
- **Great Smoky Mtns.** ***Nantahala and Pisgah National Forests, 704/257-4200.***
- **Rocky Mountain.** ***Arapaho and Roosevelt National Forests, 303/498-1100.***
- **Yellowstone.** ***Gallatin National Forest, 406/587-6701.***
- **Yosemite.** ***Toiyabe National Forest, 702/355-5301. Inyo National Forest, 619/873-2400.***

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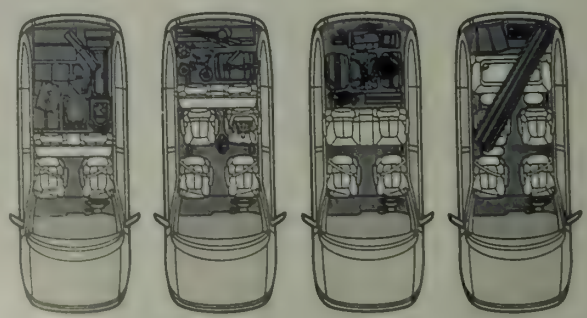


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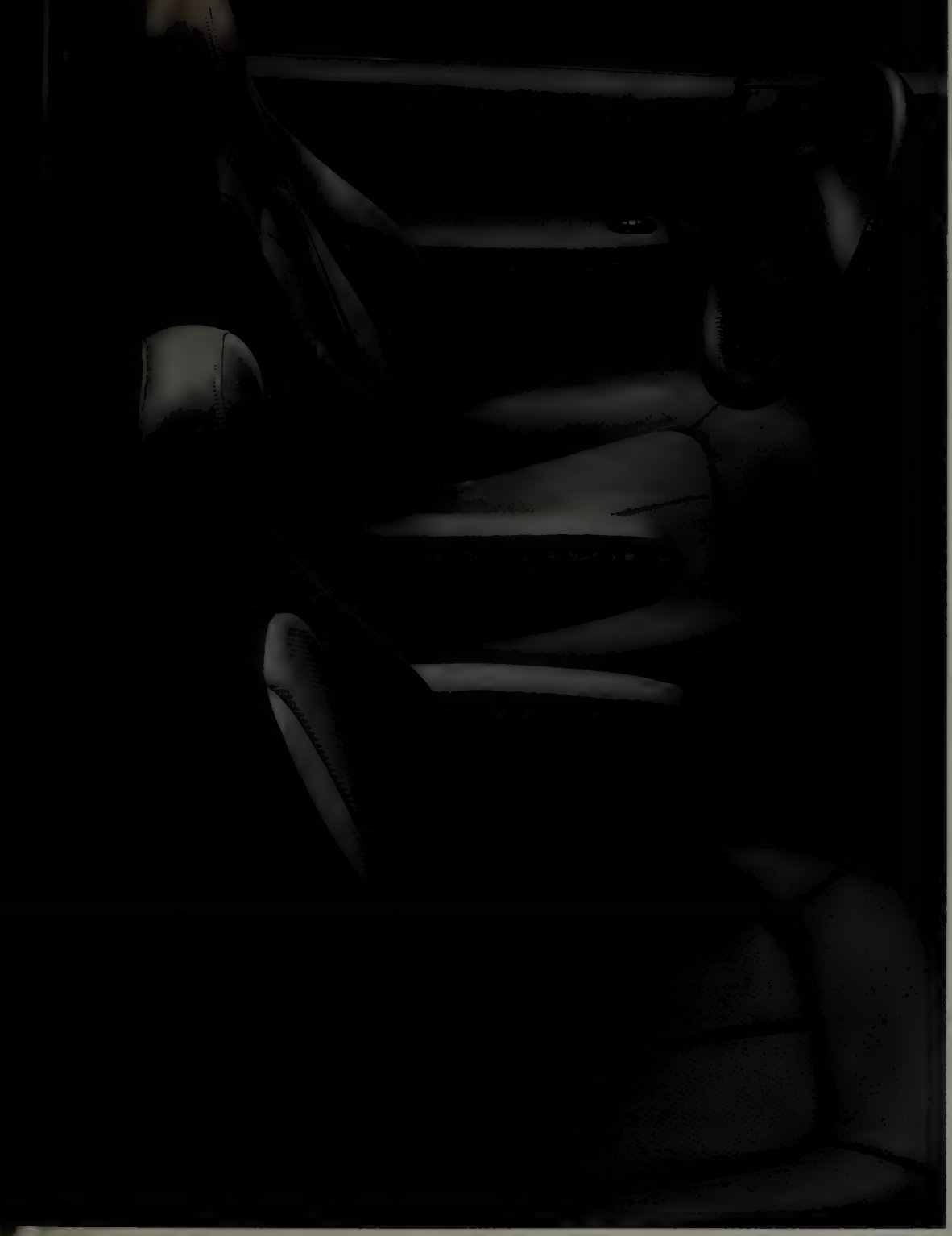
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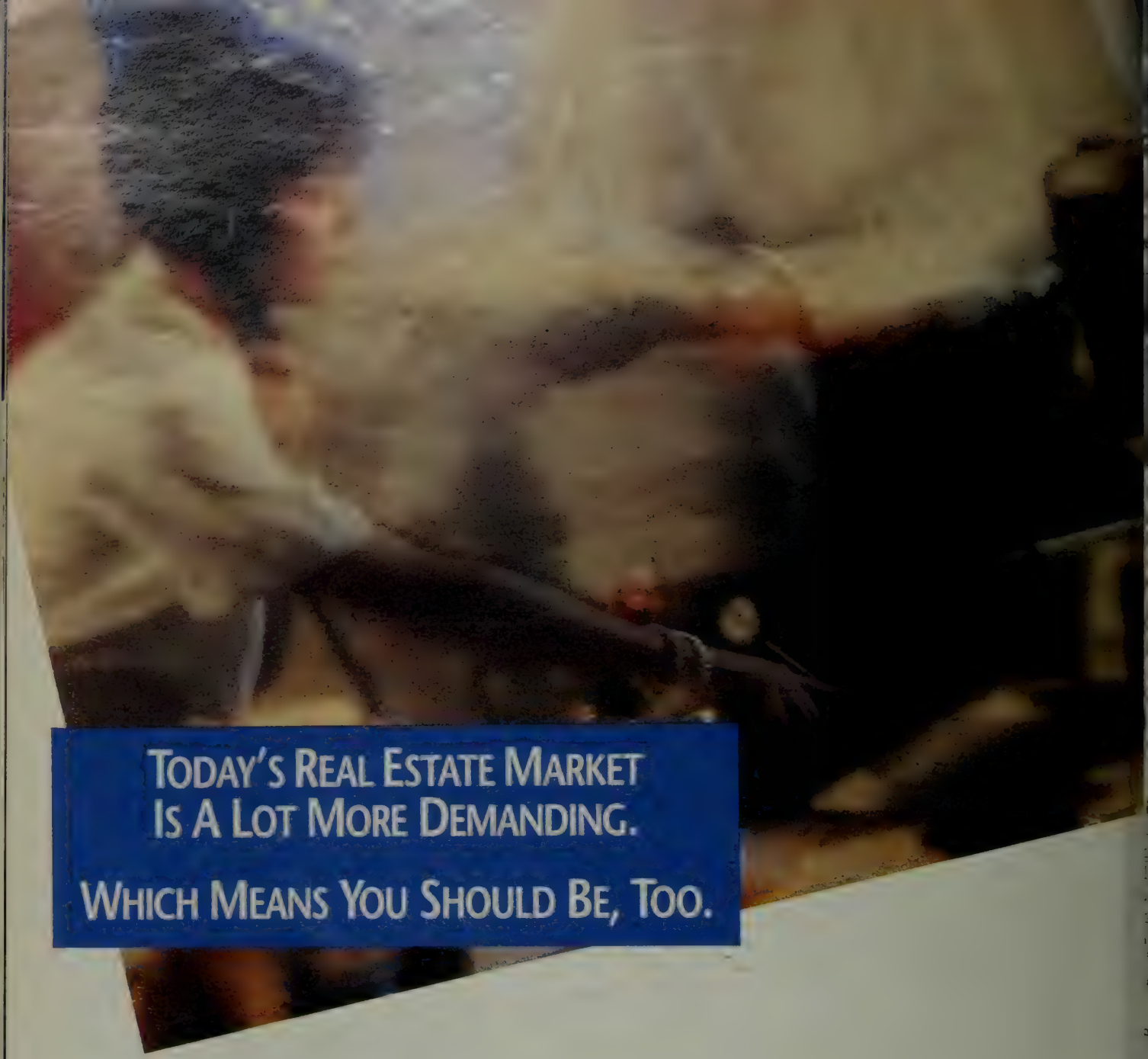
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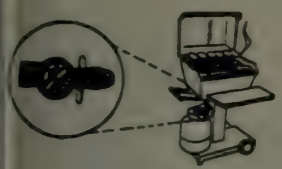
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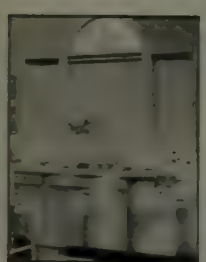
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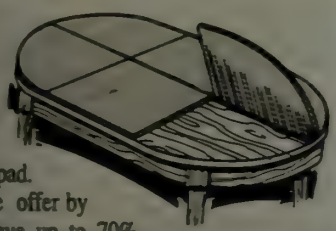
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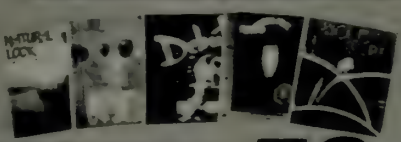
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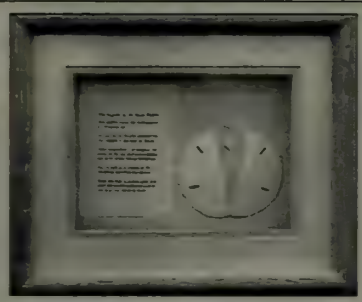


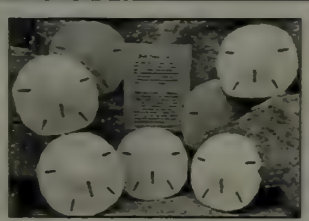
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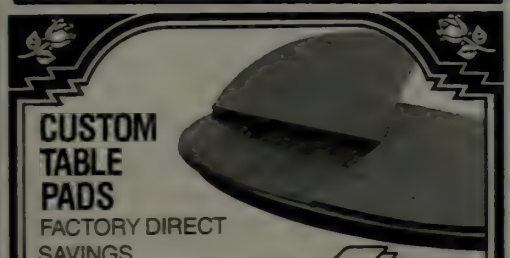


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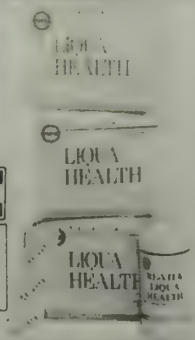
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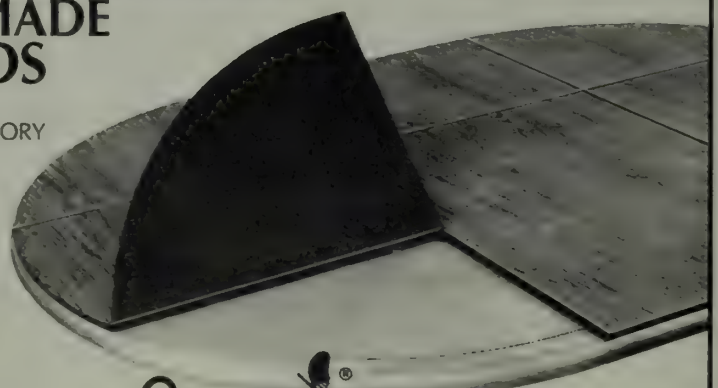
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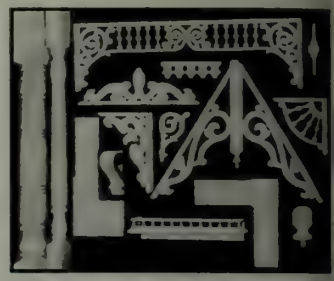
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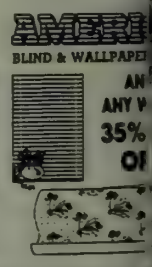
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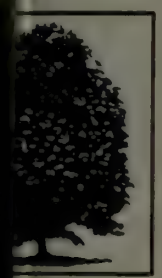


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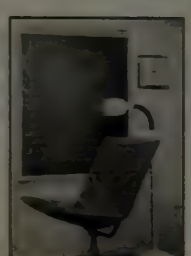
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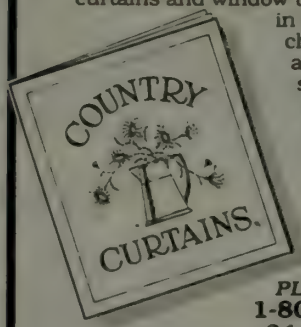
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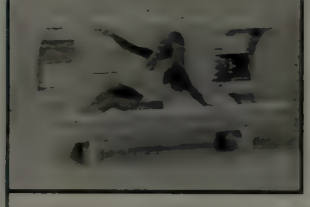
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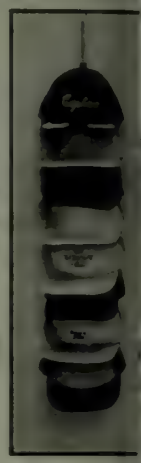
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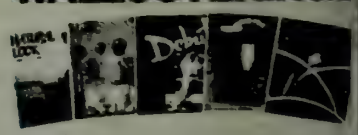


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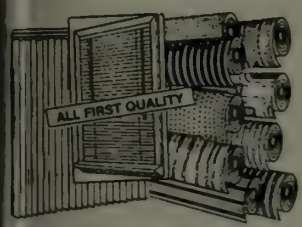


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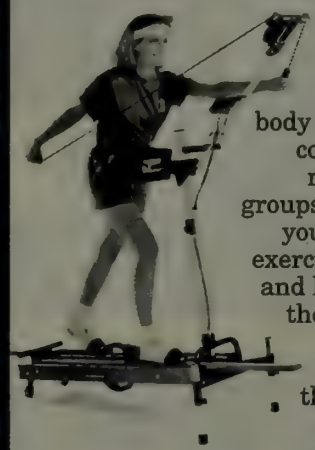
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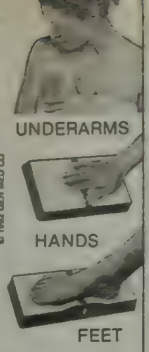
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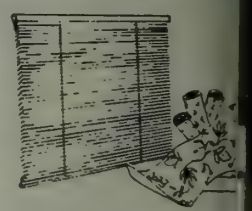
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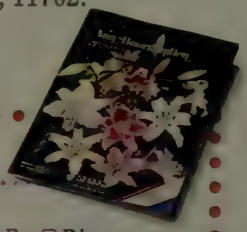
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THE MAN NEXT DOOR®

APRIL 1993

■ Lee Bayless confides that he usually goes to church to confess his transgressions, but during the April income-tax season he just goes straight to his accountant.

■ Hardly a Saturday goes by that Dot Dresch doesn't prod husband Dick into grabbing the family checkbook and touring the weekly garage sales. Dick claims that his wife is the real bargain hunter; he is just the weapons carrier.

■ Our Rosemary writes from college that the big problem with dating an economics major is that "you get a lot of optimistic forecasts about the future but not much current reality."

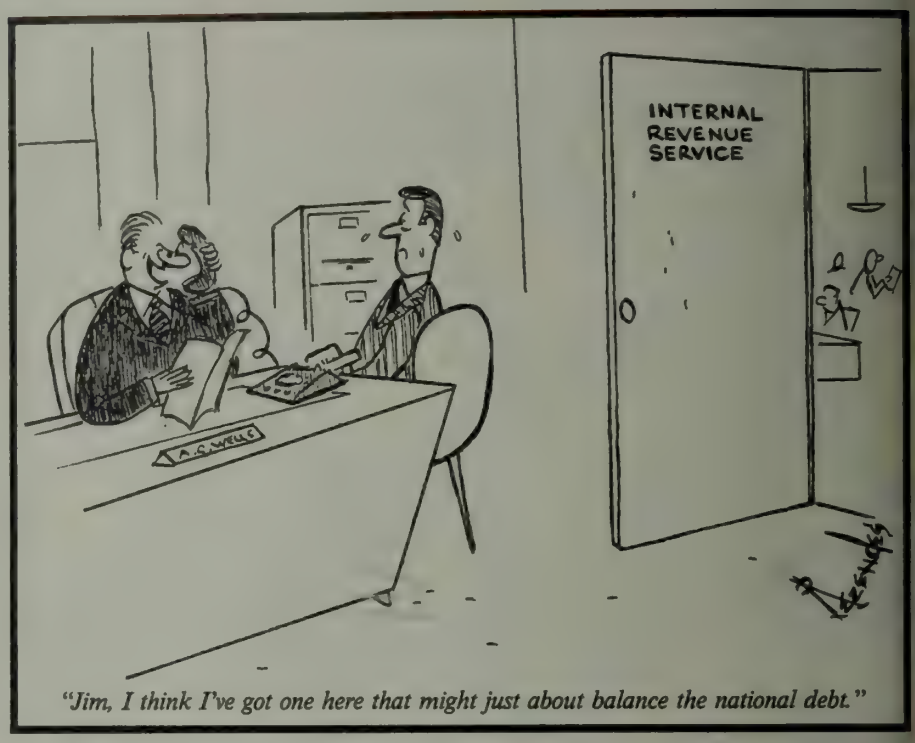
■ Bill and Isabel Norman concede that they spent the early years of marriage engaged in a lot of pointless arguments. They still follow the same pattern, of course, but now they simply call it "sharing."

■ Modern times are perplexing, says Uncle Dodd Buckner. He's been trying to build a better mousetrap for years, but worries now that success will upset the ecological balance.

■ Banker Helen Newsome claims she once suggested to customers that they use their birth date as their secret code for the automatic teller machine, but then she discovered that too many depositors were having trouble remembering which year they had settled on.



"The usual?"



"Jim, I think I've got one here that might just about balance the national debt."

■ Some folks look for a beautiful sunrise, but I know it's just got to be a terrific day when I hear laughter in our household before breakfast.

■ A misplaced contact lens is much easier to find, reports Elaine Cowan, "when you forget you are looking for a little piece of plastic and start searching for $200!"

■ Ned Carter thinks that the upcoming series of debates for our city council candidates is about as meaningless as a speedway race. "Nobody really cares who wins the showdown," claims Ned. "They just come out to see who has the biggest accident."

■ "We should keep our priorities straight," the Rev. George Hall declared last Sunday. "I have yet to meet anyone approaching his or her Maker who wishes they would have spent more time at the office."

■ Business consultant Mike Higdon declares that too many fledgling entrepreneurs spend an excessive amount of time "learning the tricks of the trade when they should be just learning the trade."

This was the year Christine and I were going to remove our old front porch and replace it with a simple, more modern entry. Front porches used to be a spot to while away an evening or a Sunday afternoon, but family rooms or TV rooms are far more popular now. Just to make sure of our plans, Chris and I spent a few hours last weekend enjoying the early spring days from our porch.

Much to our delight, we thoroughly enjoyed the experience. We said "hello" to some new neighbors, discovered that the Seelys across the way have a new automobile, and chatted with the teen from next door; a gorgeous sunset topped off the day.

None of this would have happened had we spent the afternoon in front of the TV. It gave us some second thoughts about the remodeling plans. Chris and I have concluded that life from a front porch just seems more interesting.

Burton Hillis

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May

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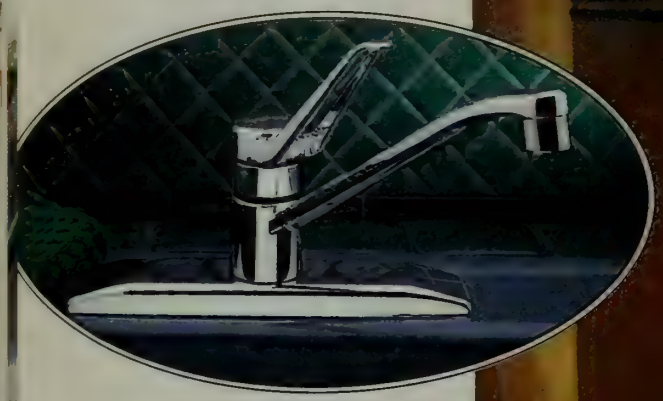


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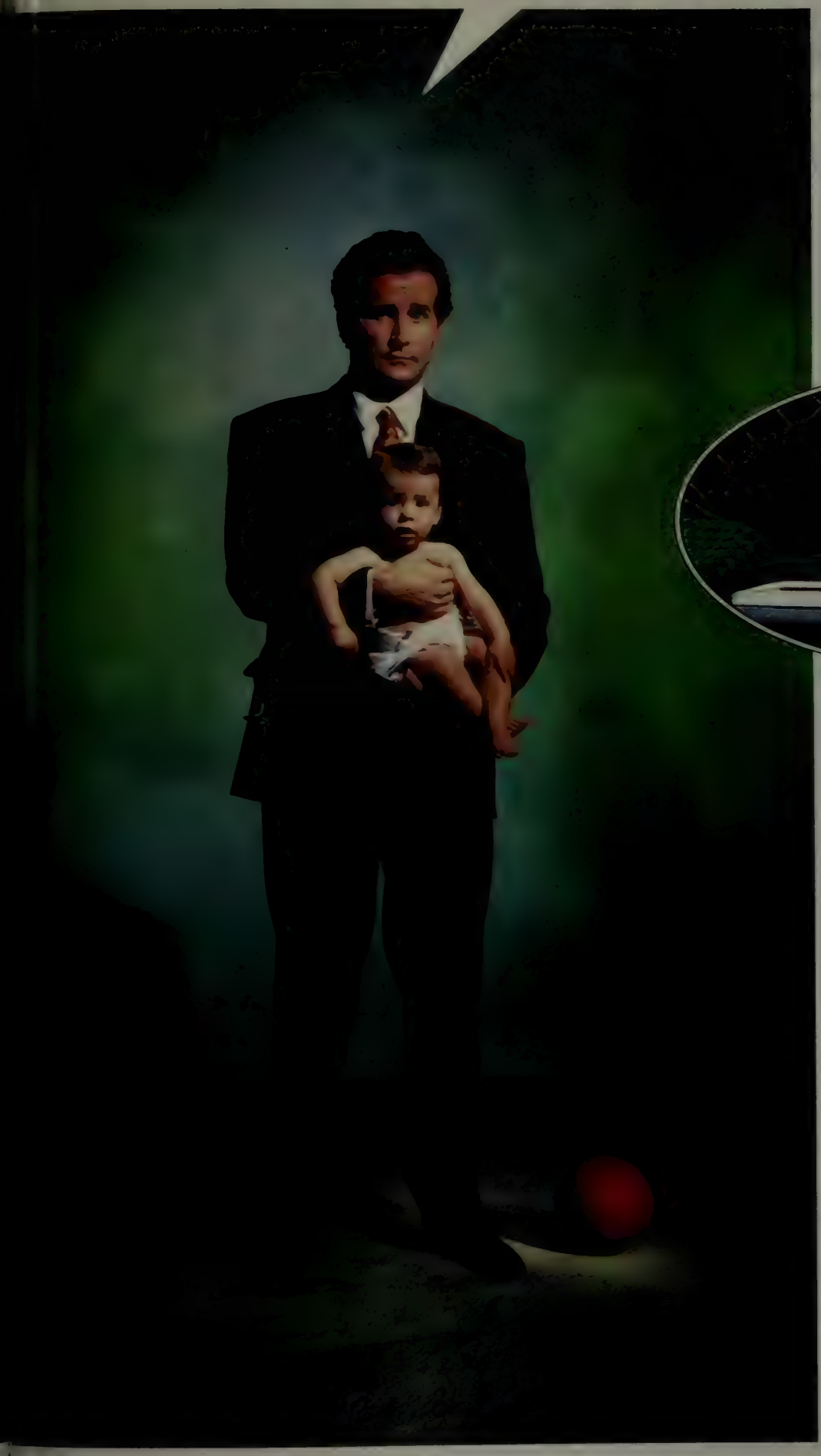
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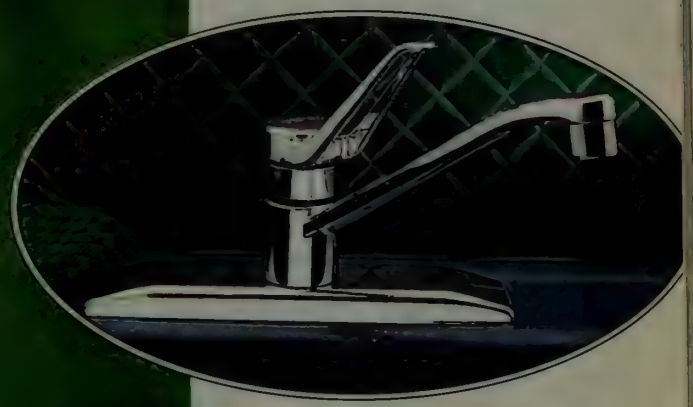
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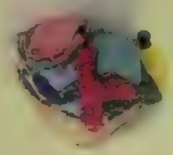
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EDITOR'S LETTER

MAY 1993



DAVID JORDAN

IF YOU PLANT IT, THEY WILL COME

Dear Readers,

My wife, Gerrianne, is a devoted herb gardener. That being the case, I thought she showed remarkable restraint last summer during a day of yard work when she called, "Come see what's eating my parsley!"

What I saw was the little fellow shown *above*, along with several siblings, who had done a pretty good job of denuding the parsley patch. I was delighted to see the caterpillars because any of the insect inhabitants of our yard are an endless source of fascination to me, and also because I appreciated the potential these little green worms represented. They would soon perform the miracle of metamorphosis before our very eyes and emerge as beautiful butterflies. I'm sure that potential went a long way toward mollifying Gerrianne as well.

Within a few days, the caterpillars gave up gorging themselves and performed their first miracle. Each transformed itself into a pupa—a small, exquisitely shaped green case, anchored to a parsley stalk at one end and supported by a thin silk-strand sling around its "waist." Unfortunately, we missed the last act. We went on a short vacation, only to find empty pupa cases on our return.

However, I had long since identified our mystery guests. They had become black swallowtail butterflies.

Last summer was a butterfly bonanza in our yard. We saw many flashy yellow swallowtails and bright red admirals, an explosion of fritillaries, a summer-long drift of transient monarchs, and lots of skippers and other small species. Late in August, the long twilight brought hawkmoths buzzing around our phlox plants like nocturnal hummingbirds.

I'm here to tell you that butterfly gardening works, and without much effort, either. Over the past couple years, Gerrianne and I have been putting in some of the annuals and perennials recommended by our Garden Editor, Doug Jimerson. It's all been pretty casual—a butterfly bush to replace a small shrub that died, choosing annuals from the butterfly friendly list, letting some milkweeds grow here and there, and, of course, no insecticides. As a result, we've had more butterflies than I can remember seeing since my childhood.

I've been especially pleased with the success of our pesticide-free gardening. It's partly a matter of attitude; if caterpillars eat the parsley, plant some more and enjoy the black swallowtails. But it's also true that we have few planting failures, even with our total live-and-let-live system.

This butterfly explosion can happen in your garden too. Read Doug's informative feature, "Butterfly Gardening," on *page* 39. He not only tells you what to plant, but also suggests easy ways to create a habitat that butterflies will find welcoming. Give it a try!

David Jordan

David Jordan, Editor in Chief

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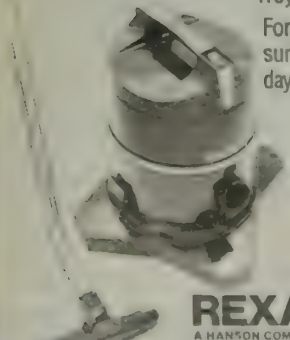
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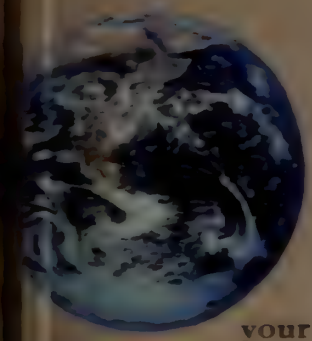


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American Plastics Council

TAKE ANOTHER LOOK AT PLASTIC.



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PHOTOGRAPH BARBARA MARTIN REGIONAL EDITOR: MARY ANNE THOMSON

Make coming home a special occasion by flanking your front door with an army of bloom-filled planters. Here, New Guinea impatiens, lisianthus, astilbe, petunia, and dwarf dahlia create a welcome mat of bloom.

Container Gardens

by Doug Jimerson

Get lots of color the easy way. Just pack pots and planters to the brim with blooming plants for an instant flower show that lasts all summer long. To stage your display, choose from a growing assortment of hanging baskets, strawberry jars, or boxes. Read on to find out how you can create your own sensational container garden.

Get lots of color the easy way.



1. All you need to make a moss basket is a wire frame, green sphagnum moss, potting soil, and some blooming annuals.



2. Moisten the sphagnum moss before you begin. Then, use clumps of the moss to line the wire frame. If the moss won't stay in place, tie it on with florist's wire.



3. Poke holes in the sphagnum moss at various spots around the sides of the basket. Tuck a seedling or two into each hole, then fill the basket to the rim with potting soil.



4. Plant a cluster of annuals in the top of the basket by pulling back some of the soil with your hand. When done, water thoroughly.

Shade dwellers such as impatiens, lobelia, Nonstop begonia, fibrous begonia, and variegated vinca vine flourish under an arbor covered with Scotch flame flower.

The sky's the limit when you dress up a drab overhang, arbor, or trellis with a hanging basket stuffed with your favorite flowers. Here's how you can raise your garden to new heights.

PHOTOGRAPHS MIKE JENSEN BASKET DESIGN THOMPSON'S GREENHOUSE REGIONAL EDITOR TRISH MAHARAM


Container Gardens
Hanging Baskets



A cook's collection of basil, thyme, and chives makes a good-looking combination, especially when these tasty herbs are corralled in a rustic wooden box. Tarragon, marigold, and dusty-miller grow in the back box.

Having fresh herbs whenever you need them is easy with one or more herb boxes at your kitchen door. To make one, all you need is a wooden box, potting soil, and some herb plants.

Container Gardens

Herb Boxes



1. Find or build a wooden box that's at least 8 inches deep. Be sure the box has drainage holes. Choose plants with complementary colors and shapes.



2. Fill the box about half way with potting soil. Because herbs don't like wet soil, you may want to add a little sand to the potting mixture to improve drainage.



3. Remove the plants from their pots and pack them into place. Don't worry too much about spacing, but you may want to place taller herbs toward the back or center of the box.



4. Plant low-growing herbs and flowers in the front of your planter so they can creep over the sides. Water thoroughly and move the box to a sunny spot.

PHOTOGRAPHS: BILL STITES. GARDEN DESIGN: GREG O'BRIEN/THE LEONHARD'S GARDEN SHOP. REGIONAL EDITOR: ESTELLE BOND GURALNICK



1. Strawberry jars come in a variety of sizes. To make planting easier, choose one with large cup-like openings. Select plants that won't grow too large for the jar.



2. Fill your strawberry jar to within 1 inch of the top with potting soil. Add plants by making a small hole in each opening and tucking in 1 or more seedlings.



3. Plant the top of the jar last, spacing plants evenly, yet tightly. Add additional soil as you work until the soil level is even with the rim of the pot. Water thoroughly after planting.



4. Never mix sun- and shade-loving plants in the same strawberry jar. Sun worshipers such as petunia, geranium, and portulaca require sunlight for best bloom.

PHOTOGRAPHS: MIKE JENSEN; GARDEN DESIGN: THOMPSON'S GREENHOUSE; REGIONAL EDITOR: TRISH MAHARAM

Container Gardens

Strawberry Jars

Looking for an attractive alternative to garden-variety clay pots? Try strawberry jars. In just one of these multipocketed planters, you can grow stacks of summer flowers.



Get twice the drama by mixing different sizes of strawberry jars together. Here, English ivy, swan river daisy, fibrous begonia, portulaca, geranium, and dracaena smother a large jar with bloom and foliage. Impatiens and Nonstop begonias fill the smaller jar.

Container Gardens



Potted flowers are a quick, inexpensive way to improve an entry.

PHOTOGRAPH: BARBARA MARTIN; REGIONAL EDITOR: MARY ANNE THOMSON

TIPS FROM THE TEST GARDEN

Water your container plants daily.
In a sunny or windy location, a twice-a-day soaking might be in order.

Choose a high-quality potting mix
with a large proportion of Canadian sphagnum moss and/or vermiculite. Inexpensive soil mixes are not always a bargain. We use Sunshine Container Mix by Fison's. It's available at garden centers and department stores.

Feed your plants twice a month
with a liquid fertilizer. Or, add some slow-release granular fertilizer at planting time.

Gain instant color
with ready-to-bloom bedding plants. Short, stocky annuals with deep-green leaves are your best bet.

Promote continuous bloom
by removing faded flowers as they appear. Annuals such as petunia, alyssum, coleus, and dianthus also benefit from a midsummer pruning.

What was great cereal back then...



Grains kept whole were enjoyed for the rich, hearty taste.

ıs Great Grains® now.

Today, Post® brings back
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sins. It's today's great taste.





Kraft General Foods, Inc.



"When I read that menopause can cause osteoporosis, I decided to do something about it."

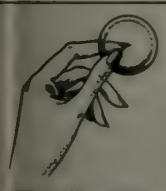
Maybe you've read about it yourself: the loss of estrogen at menopause can speed up bone loss, which may lead to postmenopausal osteoporosis. You could lose up to 50% of all the bone mass you'll ever lose in just the first seven years after menopause begins. So the time to do something about it is now.

Estraderm® Can Help Prevent Osteoporosis

A calcium-rich diet and exercise are key elements in an osteoporosis-prevention program. Estraderm can help, too. Estraderm, available by prescription only, is a clear patch that delivers a form of estrogen through your skin into the bloodstream, much the same way your ovaries did before menopause. The patch is usually worn on the buttocks to minimize the skin irritation that can sometimes occur.

Benefits Vs Risks Of Estraderm

It's important to balance proven benefits against possible risks. Estraderm has been used safely for years by millions of women to relieve hot flashes, night sweats, and other menopausal symptoms. And a study at the Mayo Clinic has confirmed that Estraderm can halt bone loss and prevent postmenopausal osteoporosis. Of course, this doesn't mean that Estraderm is for every woman. Pregnant women should avoid any estrogen therapy. Also, estrogen therapy has been associated with an increased risk of uterine cancer. And you should tell your doctor if you have ever had cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting or any heart disease.



"The Patch" A nonmedicated sample is included in the free information kit.

Important Issues To Discuss With Your Doctor:

Q. Am I at risk for postmenopausal osteoporosis?

— All women lose some bone during menopause. But some lose more than others. At your next regular check-up, you should discuss your own osteoporosis risk profile as well as the benefits and risks of estrogen therapy.

Q. What can I expect from Estraderm as part of an osteoporosis-prevention program?

— This depends on when you begin therapy, the condition of your bones when you start, and how long you continue. Don't forget: a calcium-rich diet and exercise are also important parts of an osteoporosis-prevention program.

Free: More Information And A Nonmedicated Sample

A sample nonmedicated patch is yours to try as part of a free kit containing more information about menopause and postmenopausal osteoporosis. Just call 1-800-521-CIBA, or send this coupon.

To receive your free nonmedicated sample and kit, mail to CIBA, P. O. Box 907, Spring House, PA 19477-9945

1-800-521-CIBA, EXT. BH12B

NAME _____

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BH-12

ESTRADERM® ESTRADIOL TRANSDERMAL SYSTEM AVAILABLE IN 0.05 MG AND 0.1 MG STRENGTHS.

See next page for additional important information.

Estraderm

ESTRADIOL TRANSDERMAL SYSTEM

Now the change of life doesn't have to change yours.

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Important Information on Estraderm Continued from Previous Page

Estraderm®
estradiol transdermal system
Continuous delivery for twice-weekly application

BRIEF SUMMARY (FOR FULL PRESCRIBING INFORMATION, SEE PACKAGE INSERT).

ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause, female hypogonadism, female castration, primary ovarian failure, and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae; and prevention of osteoporosis (loss of bone mass).

Estrogen replacement therapy is the most effective single modality for the prevention of postmenopausal osteoporosis in women. Case-controlled studies have shown a reduction of approximately 60% in the incidence of hip and wrist fractures in women who began estrogen replacement therapy within a few years of menopause. A recent, well-controlled, double-blind, prospective trial conducted at the Mayo Clinic has demonstrated that treatment with Estraderm prevents bone loss in postmenopausal women at a dosage of 0.05 mg per day.

Treatment with Estraderm 0.05 mg showed full maintenance of bone density with slight (0.8%), but not significant, increase. Placebo treatment resulted in a significant loss of more than 6% below baseline vertebral bone mass. Patients using either Estraderm 0.1 mg, or 0.05 mg, had significantly greater bone densities than those using placebo.

Other studies suggest that estrogen replacement therapy reduces the rate of vertebral fractures.

Peak bone mass is reached at age 30 to 35 and can best be maximized by adequate calcium intake and exercise during the adolescent and early adult years. Early menopause is one of the best predictors for the development of osteoporosis. White women are at higher risk for osteoporosis than white men, black women are at higher risk than black men, and thin women are at higher risk than obese women. Cigarette smoking may be an additional risk factor. Calcium deficiency has been implicated in the pathogenesis of this disease. Therefore, when not contraindicated, a calcium intake of 1000-1500 mg/day either by diet or supplements is recommended for postmenopausal women.

Immobilization and prolonged bedrest produce rapid bone loss, while weight-bearing exercise has been shown to both reduce bone loss and to increase bone mass. The optimal type and amount of physical activity that might lower the risk of osteoporosis have not been established.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast
2. known or suspected estrogen dependent neoplasia
3. known or suspected pregnancy (see Boxed Warning).
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up study has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.
5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.
6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patient receiving estrogen, the medication should be discontinued while the cause is investigated.
9. Estrogens may be poorly metabolized in patients with impaired liver function and should be administered with caution in such patients.
10. Because the prolonged use of estrogens influences the metabolism of calcium and phosphorus, estrogens should be used with caution in patients with metabolic bone diseases associated with hypercalcemia and in patients with renal insufficiency.

Information for Patients

See Patient Package Insert printed below.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests may be affected by estrogen-containing oral contraceptives. The following changes have been observed with large doses of oral estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII, IX, and X; decreased antithrombin 3; increased norepinephrine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increased circulating total thyroid hormone (T_4) as measured by column or radioimmunoassay; free T_3 resin uptake is decreased, reflecting the elevated TBG; free T_4 concentration is unaltered; TBG was not affected in clinical trials of Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration, and decreased pregnanediol excretion.

The pathologist should be informed that the patient is receiving estrogen therapy when relevant specimens are submitted.

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary since many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potential adverse effects on the fetus, induction of malignant neoplasms, increased incidence of gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm in clinical trials was redness and irritation at the application site. This occurred in about 17% of the women treated and caused approximately 2% to discontinue therapy. Reports of rash have been rare.

The following additional adverse reactions have been reported with estrogenic therapy, including oral contraceptives:

Genitourinary System: Breakthrough bleeding, spotting, change in menstrual flow; increase in size of uterine fibromyomata; change in cervical erosion and amount of cervical secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal cramps, bloating; cholestatic jaundice have been observed with oral estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance to contact lenses.

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, change in libido.

DOSAGE AND ADMINISTRATION

The adhesive side of the Estraderm system should be placed on a clean, dry area of the skin on the trunk of the body, (including the buttocks and abdomen). *Estraderm should not be applied to the breasts.* The sites of application must be rotated, with an interval of at least 1 week allowed between applications to a particular site. The area selected should not be oily, damaged, or irritated. The waistline should be avoided, since tight clothing may rub the system off. The system should be applied immediately after opening the pouch and removing the protective liner. The system should be pressed firmly in place with the palm of the hand for about 10 seconds, making sure there is good contact, especially around the edges. In the unlikely event that a system should fall off, the same system may be reapplied. If necessary, a new system may be applied. In either case, the original treatment schedule should be continued.

Initiation of Therapy

Treatment of menopausal symptoms is usualy initiated with Estraderm 0.05 mg applied to the skin twice weekly. The dosage should be adjusted as necessary to control symptoms. The lowest dosage necessary for the control of symptoms should be used, especially in women with an intact uterus. Attempts to taper or discontinue the medication should be made at 3- to 6-month intervals.

Prophylactic therapy with Estraderm to prevent postmenopausal bone loss should be initiated with the 0.05 mg/day dosage as soon as possible after menopause. The dosage may be adjusted if necessary to control concurrent menopausal symptoms. Discontinuation of estrogen replacement therapy may reestablish the natural rate of bone loss.

In women not currently taking oral estrogens, treatment with Estraderm may be initiated at once. In women who are currently taking oral estrogen, treatment with Estraderm should be initiated 1 week after withdrawal of oral hormone replacement therapy, or sooner if menopausal symptoms reappear in less than 1 week.

Therapeutic Regimen

Estraderm therapy may be given continuously in patients who do not have an intact uterus. In those patients with an intact uterus, Estraderm may be given on a cyclic schedule (e.g., 3 weeks on drug followed by 1 week off drug).

HOW SUPPLIED

Estraderm 0.05 (estradiol transdermal system) — each 10 cm² system contains 4 mg of estradiol USP for nominal* delivery of 0.05 mg of estradiol per day

Patient Calendar Pack of 8 Systems ..... NDC 0083-2310-08
Carton of 6 Patient Calendar Packs of 8 Systems ..... NDC 0083-2310-62
Carton of 1 Patient Calendar Pack of 24 Systems ..... NDC 0083-2310-24

Estraderm 0.1 (estradiol transdermal system) — each 20 cm² system contains 8 mg of estradiol USP for nominal* delivery of 0.1 mg of estradiol per day

Patient Calendar Pack of 8 Systems ..... NDC 0083-2320-08
Carton of 6 Patient Calendar Packs of 8 Systems ..... NDC 0083-2320-62
Carton of 1 Patient Calendar Pack of 24 Systems ..... NDC 0083-2320-24

*See DESCRIPTION.

Do not store above 86°F (30°C).
Do not store unpouched. Apply immediately upon removal from the protective pouch.
C91-37 (Rev. 9 91)

CIBA

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ome exceptional tes appreciate in e; some go down, many remain at or issue price. But each hese plates is strictly ited to a maximum 195 firing days, and nand is expected to be ng. So if you wish to in one (or both!) at issue e, act now. To order your e(s)—fully backed by our onditional 365-day guarantee—d no money now, just complete mail the coupon. You will be ed in two convenient monthly allments.



Plate One
"Winter Majesty"
With 22-karat gold highlights
In full color on fine porcelain
Shown smaller than actual diameter of 7½ inches



e Two
ringtime Splendor"
22-karat gold highlights
color on fine porcelain
n smaller than actual diameter of 7½ inches

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Please respond by:
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YES. Please enter my order for:

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I understand I need SEND NO MONEY NOW. I will pay for each plate in two monthly installments of $14.93* each, the first being billed before shipment.

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*Plus a total of $3.89 postage and handling for each plate, and sales tax where applicable.
Pending credit approval. Plates will be shipped separately.

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WMB-418

GARDENER'S ALMANAC

MAY



PETER KRUMHARDT

DON'T FORGET THE FLAX

Pretty blue blossoms and delicate, needlelike foliage place flax, *Linum perenne,* on our list of favorite perennials. Individual flowers last just a day, but a steady supply of buds from early to midsummer promises a fresh bouquet every morning. Best displayed near the front of a border, the 18- to 24-inch-tall plants will sway daintily in a light breeze. You can find flax at your local garden center or in mail-order nursery catalogs.



NEW BOOK FOR BIRD LOVERS

Find out how you can turn your backyard into a haven for songbirds with *For the Birds—Creating a Sanctuary.* This spectacular 128-page volume is packed with information about housing, feeding, and attracting a variety of bird species. All proceeds from the first printing of the book will be donated to Orchard Place, a nonprofit residential treatment center for kids in Des Moines. To order, call 800/678-2665. Price: $22.24 plus tax.

BY DOUGLAS A. JIMERSON



PHOTOGRAPH: ED GOHLICH. REGIONAL EDITOR: SHARON HAVEN

SUPPORT YOUR PLANTS

Karen Kees, our southwestern test gardener, uses tree prunings to keep tall plants like Peruvian lilies, *Alstroemeria aurantiaca,* from toppling during windy weather. "When I prune my trees and shrubs, I always save some of the twigs and branches for plant supports," says Karen. Using inexpensive, recycled plant supports blend well with the surrounding vegetation. I think branches are better for their appearance because the leaves are still intact and help hide the supports in place," says Karen.



PHOTOGRAPH: MIKE JENSEN. BASKET DESIGN: THOMPSON'S GREENHOUSE. REGIONAL EDITOR: TRISH MAHARAM

FANTASTIC FUCHSIA

Elegant fuchsias belong on your must-have list if you want spectacular color for shady spots. All these beauties require is a partially shady location and a daily soaking during hot weather. To keep fuchsias in top form, feed with a liquid fertilizer every two weeks. Here, the pink flowers of variety Jack Shahan light up a dreary overhang. Look for fuchsias at your local garden center or nursery.

continued on page 36


A first arts and crafts project
deserves first class accommodations.
ONEIDA
own: Southern Garden crystal vase.

TOM SEAVER

Gardener, Baseball Hall-of-Famer



Gardening is an important part of my life. I'm often out in my garden by seven.

I love the smell in the air, the early morning light.

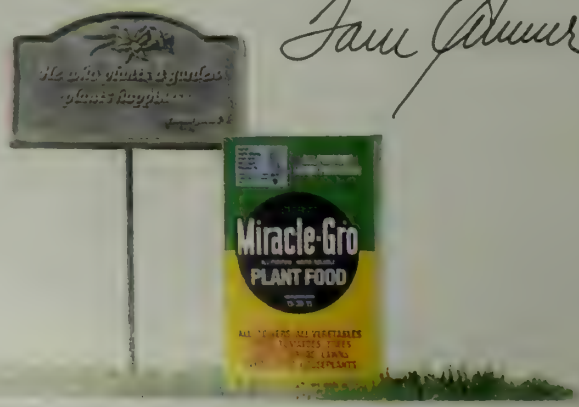
My wife Nancy gave me a bronze plaque.

It says "He who plants a garden plants happiness." That's the way I feel.

I use Miracle-Gro to make everything in my garden look its best.

I learned that secret back when I was a rookie gardener.

Tom Seaver



When My Skinny Doctor Laughed At Me, I Actually Threw My Dress At Him ..."

By Jessica Mae Travis

hen you're fat ... I mean *really* fat ... a lot of women like to stand near you. Apntly it makes them *feel* thin.

llo. My name is Jessie Travis. You don't me from Adam. But I'm a real person. I near Pendley Hills, Georgia. And, up unwo years ago, I was the fat lady that one wanted to stand next to.

was too tired to go out with my friends at I was even embarrassed to go out on ends by myself. I waddled when I ed. I sweat when I ate. I wore anything that would hang straight down and dn't cling. I wasn't just "overweight." I fat. I was 5'4" and weighed 204 pounds.

went to my doctor for help. But I wasn't nistic. During the past seven years I had 15 *different* diets. One by one. And I d at all of them.

y doctor listened to me very carefully and recommended an entirely different pro-. This wasn't a "diet." It was a unique weight-loss program researched by a of bariatric physicians — specialists treat the severely obese. The program itwas developed by Dr. James Cooper of nta, Georgia.

started the program on January 22nd. in the first four days, I only lost three nds. So I was disappointed. But during three weeks that followed, my weight beto drop. Rapidly. Within the next 196 , I went from 204 pounds to 133 pounds.

he reason the program worked was ple: I was *always* eating.

could eat *six times every day*. So I never deprived. Never hungry. I could snack in afternoon. Snack before dinner. I could snack at night while I was watching T.V.

low can you eat so much and still lose ght?

he secret is not in the amount of food you It's in the *prescribed combination* of foods eat in each 24-hour period. Nutritionally se portions of special fiber, unrefined carydrates, and certain proteins that generate calorie-burning process that continues day long ... a complete 24-hour fat-reduc- cycle.

letabolism is evened out, so fat is burned y around the clock. Not just in unhealthy rts like many diets. That's why it lets you d pounds so easily. Without hunger. Withnervousness.

And it's all good wholesome food. No weird stuff. You'll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces — plus your favorite snacks. Lots of snacks.

This new program must be the best kept secret in America. Because, up until now, it's *only been available to doctors*. No one else. In fact, the Clinic-30 Program has been used by 142 doctors in the U.S. and Canada to treat more than 9,820 patients. So it's doctor-tested. And proven. This is the first time it's been available to the public.

There are other benefits too ...

- There are no amphetamines. No drugs of any kind.
- No pills. No powders. No chalky-tasting drinks to mix. Everything's at your local supermarket. No special foods to buy.
- There's no strenuous exercise program.
- You don't count calories. Just follow the program. It's easy.
- It's low in sodium, so you don't hold water.
- You eat the foods you really enjoy. Great variety. Great taste.
- You can dine out.
- There's no ketosis. No bad breath odor.

But *here's* the best part ...

Once you lose the weight, you'll *keep it off*. Permanently! I guarantee it!

Let's face it. We all have "eating lifestyles." Our eating habits usually include three meals a day. Plus two or three snacks. We all love snacks. Especially at night.

But most diets try to force us to change all that.

And that's why they fail!

The Clinic-30 Program lets you *continue your normal eating lifestyle*. You can eat six times a day. You can snack when you wish. So, when you lose the weight, you can keep it off. For good. Because no one's forcing you to change.

Here are some other patients from Georgia who entered Dr. Cooper's Clinic-30 Program with me ...

• Reverend Donald F. is a 42-year-old minister who went from 227 to 179 in just four months.

"In spite of church suppers, I've lost almost 50 pounds in four months and I'm not having a rebound gain. Both my wife and I enjoy the meals."

• Renate M. was a G.I. bride from Germany who went from 212 to 140.2 in 8½ months.

"I believe I was a participant in every weight-reducing plan there ever was. I failed at all of them. Then, about two years ago, I started the Clinic-30 Program. And I haven't regained a pound."

And then there's me. I had an appointment to see my doctor. So — as a joke — I put one of my old dresses in a bag. When he began joking around about how thin I looked, I pulled it out of the bag and tossed it across the desk at him. "Thanks to you," I said, "I don't have to wear *this* thing anymore."

Obviously, I'm excited about the program. This is the first time it's been available outside of a clinical setting. Dr. Cooper has asked Green Tree Press, Inc. to distribute it.

We'll be happy to send you the program to examine for 31 days. Show it to your doctor. Try it. There's *no obligation*. In fact, your check won't be cashed for 31 days. You may even postdate it 31 days in advance if you wish.

Choose a day and start the program. If you don't begin losing weight within five days — and continue losing weight — we'll promptly return your *original uncashed check*. No delays. No excuses.

Or keep it longer. Try it for six months. Even then, if you're not continuing to lose weight on a regular basis, you'll receive a full refund. Promptly. And without question. This is the fairest way we know to prove to you how well this new program works.

To order, just send your name, address and postdated check for $12.95 (plus $3.00 shipping/handling) to The Clinic-30 Program, c/o Green Tree Press, Inc., Dept. 425, 3603 West 12th Street, Erie, PA 16505.

AN IMPORTANT REMINDER

As your weight begins to drop, do not allow yourself to become too thin.

It's also very important to consult your physician before commencing any weight-loss program. Show him this program. And be sure to see him periodically if you intend to take off large amounts of weight.

Green Tree Press is a member of the Erie, Pennsylvania Chamber of Commerce. Bank and business references are available upon request.

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LET WD-40 CUT THROUGH THE GRIME AND SAP.

How can you rid your gardening tools of a whole day's worth of sticky stuff? By soaking the grime or sap with WD-40, and rubbing it off.

WD-40 is also a great lubricant and cleaner for power tools, lawn mowers, pop-up sprinkler heads, patio umbrellas, spigots and any other part that moves.

And it protects tools from rust and corrosion.

WD-40. There's always another use.

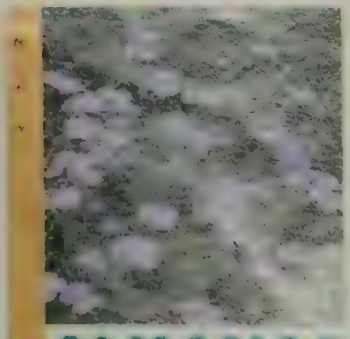




FLOWERPOT HOLDER

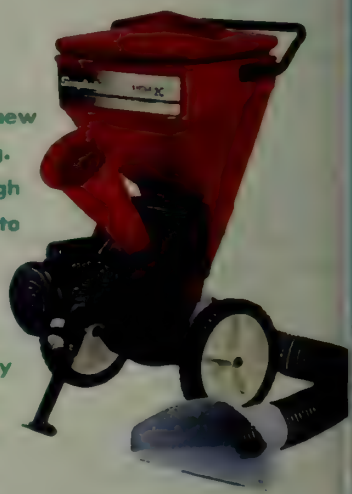
Showcase your favorite flowers with this handsome cast-iron pot holder. Its oak and acorn design is modeled from an antique casting found in New Orleans. The 12-inch-tall pot holder can be used indoors or out and is built to accommodate a 7-inch-wide flowerpot. For more information, write: D. A. Reindollar, P.O. Box 348, Clarksville, MO 63336.

GARDENER'S ALMANAC



ELIMINATE GARDEN WASTE

Reduce yard waste quickly and easily with two new chipper/shredders from Simplicity Manufacturing. Both the gas 3C and the electric 2C models are tough enough to chip 1¾-inch limbs, yet small enough to store in a 2×2-foot corner of your garage. A vacuum kit with a leaf tray can be added, allowing you to rake leaves directly into the shredding chamber. For more information, write Simplicity Manufacturing, Inc., Corporate Communications, 500 N. Spring St., Port Washington, WI 53704. Or call 414/377-5450.



mg. "tar", 0.1 mg. nicotine av. per cigarette by FTC method.

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Grasshoppers by Ked Cushions

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selected stores selected styles



Model wearing Taupe Halyard Aqua Sprayed Beige Wayfarer and Lagoon Halyard. All priced under $30.



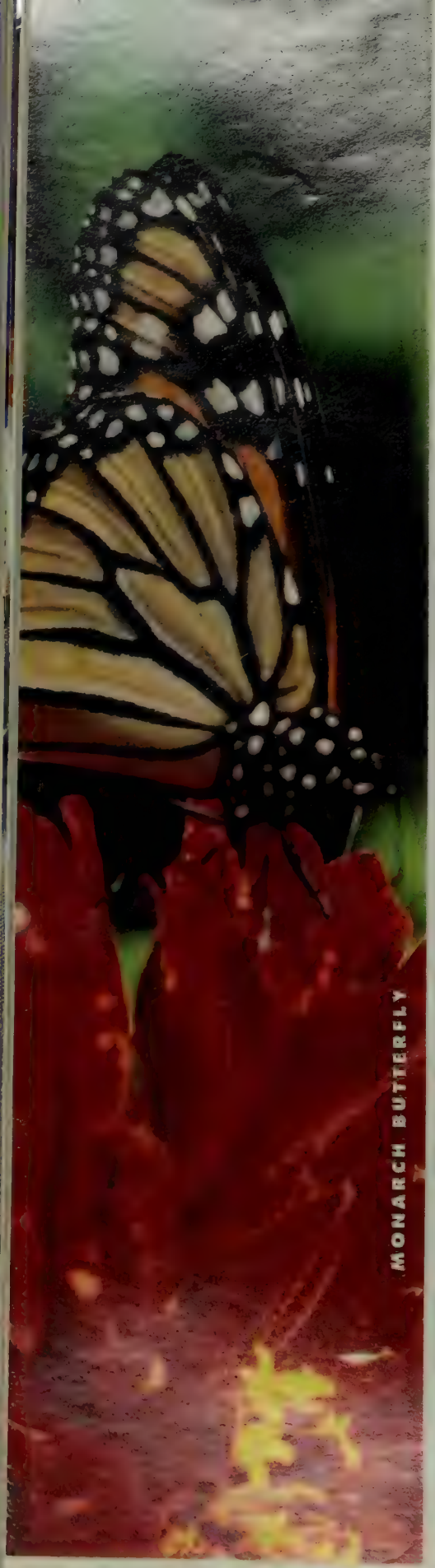
TITHONIA
Few butterflies can resist the fiery-orange blooms of tithonia, occasionally called Mexican sunflower. Plant this 6-foot-tall annual in the back of a border. Shorter varieties that grow to only 3 feet tall also are available.

PHOTOGRAPHS BY JERRY HOWARD

by
Doug Jimerson

Butterfly Gardening

Turning your backyard into a haven for a host of colorful butterflies is easy. All you need is a sunny spot and a garden plan that includes both nectar plants for the adults and food plants for the young. Here's how to get started.



MONARCH BUTTERFLY

BUTTERFLY GARDENIN

Monarch butterflies will feast on almost any colorful bloom. Their young, however, eat only milkweed plants.

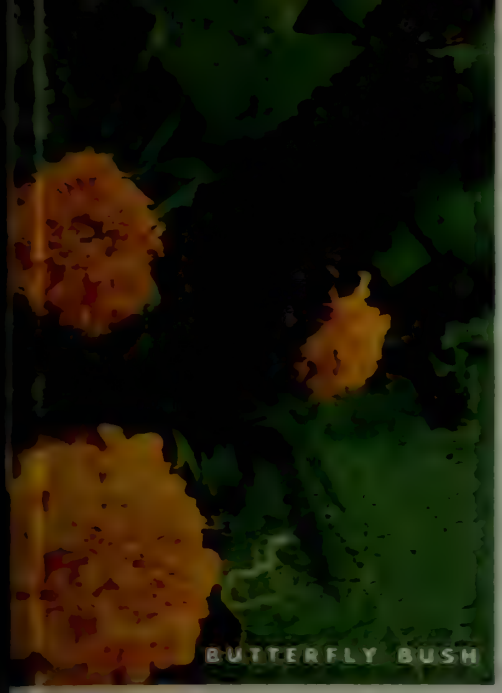
During migration, monarch butterflies depend on fall-blooming flowers such as New England asters, *below*, for nourishment during their long trek south. Aster, a perennial, blooms in early September.

When you plan your butterfly gard include at least one butterfly bu (*Buddleia davidii*). These 10-foot-t shrubs, *right*, produce a summer-lo banquet of pink, purple, blue, or wh blooms. In the North, butterfly bu requires winter protection. Here, Bl Knight butterfly bush is paired w Yellow Marvel marigol



NEW ENGLAND ASTER

Turning your backyard into a haven for a host of



Before you plant your butterfly garden, do some research. Find out which butterflies are native to your area and what they like to eat. If possible, incorporate as many of these plants into your garden plan as you can.

Since butterflies get thirsty, you may want to sink a shallow pan or plate into your garden soil and fill it with water for them.



You'll attract the most butterflies to your garden if you plant their favorite flowers in drifts or clumps. Zinnias, for example, are a preferred food for many butterfly species, especially when the flowers are crowded together in large masses.



Lure black swallowtail butterflies with Cut and Come Again zinnias.

olorful butterflies is easy.

BUTTERFLY GARDENIN

Use potted plants like lantana, *below*, to entice butterflies to your porch, deck, or patio. Upright forms of lantana are perfect for large tubs and planters. Pack trailing varieties into hanging baskets and window boxes. Then, bring these tender shrubs indoors for the winter. Lantana will survive in the garden all year long in warm-climate areas.

Sometimes the least likely plants lure the most butterflies. Wher oregano, *right*, in our Test Ga bloomed, it was smothered with visi including the snout butte



RED ADMIRAL BUTTERFLY

Red admiral butterflies are so tame they often will[illegible] on your shoulder while you work in the garden. Their young feed on nettle[illegible]



LANTANA

All you need is a sunny spot and a garden pla[illegible]



Swarms of painted lady butterflies spent the summer enjoying the Bright Lights cosmos we planted in the Test Garden. Cosmos grows quickly from seed and requires almost no maintenance to keep it in top form.



Both the climbing and bush forms of nasturtium are popular with butterflies. Variety Alaska, *below*, produces wave after wave of yellow and red blossoms that many butterflies find appealing. Unlike other varieties, Alaska has variegated leaves. Nasturtiums flourish in poor soil and are drought tolerant.



When they're not feeding, butterflies often relax on a sun-warmed stone. Be sure to set a few flat stones around your garden for resting butterflies.

And finally, never use pesticides in your garden. If insect pests do make an appearance, handpick the marauders.



To show you how easy it is to create a butterfly garden, we planted a smorgasbord of butterfly favorites in one of our Test Garden beds. The back portion of our garden measures 16×10 feet. The front is 7×5 feet. Here's what happened during the course of the summer.



MAY

After frost danger had passed, we moved 18 different species of plants into our butterfly garden. With the exception of two butterfly bushes, the rest of our garden was comprised of annual flowers and herbs that we started in our greenhouse. We spaced most of the plants about 12 to 18 inches apart.



JUNE

By late June our butterfly garden had almost completely filled in. Zinnias, marigolds, Sonata white cosmos, and the butterfly bushes were already starting to show color. Because the plants were growing so close together, weeding rarely was necessary. We fed the garden every two weeks with a liquid foliar fertilizer.



JULY

Before we knew it, our butterfly garden was in full bloom. Until the end of the summer, we were visited by an ever-changing clientele of butterflies, moths, and other insects.

FOOD PLANTS FOR THE YOUNG

A complete butterfly garden contains food plants for the caterpillars. Unlike the adult butterflies, which will feed on the nectar of an assortment of flowers, the young are particular about their diet. In most cases, caterpillars prefer wild plants such as milkweed, nettle, hackberry, or Queen-Anne's-lace. If possible, let some of these natives flourish in a corner of your landscape. Caterpillars enjoy domestic plants such as parsley, carrot, fennel, dill, and nasturtium. Mix these crops in with your other flowers for a balanced menu.



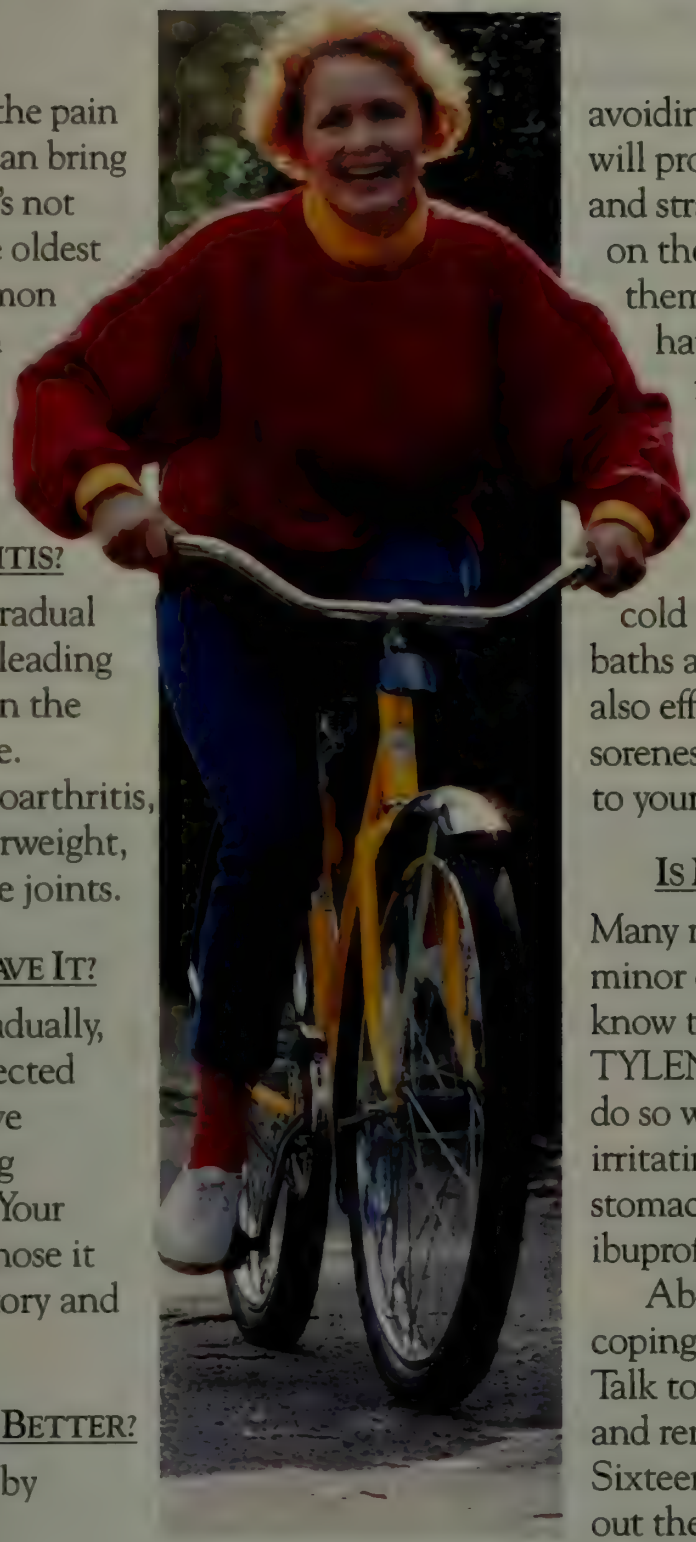
Help black swallowtail caterpillars survive by including dill, parsley, fennel, or carrots in your garden plan.



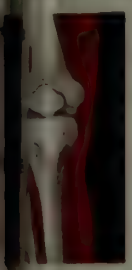
Always set out extra parsley plants to share with the butterflies. At planting time, we edged the front of our Test Garden plot with a half-dozen parsley seedlings.

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If you're suffering from the pain of osteoarthritis, two facts can bring you comfort: it's not only one of the oldest and most common diseases known to man, but it also affects 16 million other Americans.



WHAT IS OSTEOARTHRITIS?

Osteoarthritis causes the gradual breakdown of joint tissue, leading to joint pain and stiffness in the hips, knees, feet, and spine. Several factors lead to osteoarthritis, such as heredity, being overweight, and overuse or injury of the joints.

HOW DO I KNOW IF I HAVE IT?

Osteoarthritis develops gradually, and you'll find that the affected joints hurt most after you've overused them or after long periods of remaining still. Your doctor will be able to diagnose it based on your medical history and physical examination.

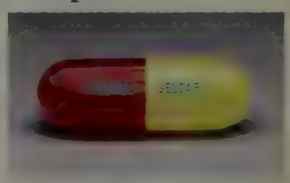
ARE THERE WAYS TO FEEL BETTER?

Taking care of your joints, by using correct posture and avoiding high-impact exercises, will protect them from stresses and strains. Exercising regularly, on the other hand, will prevent them from becoming stiff and hard to move. Also, don't forget to keep an eye on your weight; the less weight your joints have to carry, the better.

In addition, hot and cold treatments, such as hot baths and cold compresses, are also effective in relieving pain and soreness. Again, be sure to talk to your doctor.

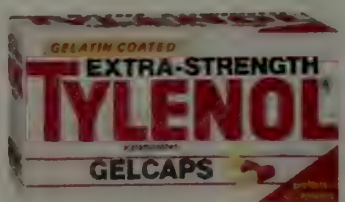
IS MEDICATING HELPFUL?

Many medications can relieve minor osteoarthritis pain. Doctors know that TYLENOL will do so without irritating your stomach like aspirin or even ibuprofen can.



Above all, don't forget that coping with any disease is difficult. Talk to your family, your doctor, and remember, you're not alone. Sixteen million other people are out there with you.

ARTHRITIS PAIN RELIEF FROM THE NAME YOU TRUST.



McN-PPC Inc '92

Use only as directed for occasional arthritis pain.

SOLUTIONS FOR PARENTS
Our expert answers your toughest questions

Q: On three recent occasions, my 14-year-old daughter has threatened to run away from home because I wouldn't let her have her way. Each time, we talked about the problem and seemed to resolve it. Still, I'm concerned she might follow through with her threats. Any advice?

A: I think you may be confusing running *off* with running *away*. Very few teens actually run away from home with no intention of ever returning. Those who do, almost always have been abused. A significant number of teens, on the other hand, experiment with running off.

Angry at their parents, these teenagers seek temporary refuge at the home of a friend. They're betting that this will cause their parents to cave in on a certain issue. If the parents do give in, then the child is almost certain to run off in response to future conflicts. More teens threaten to run off than actually do.

The next time your daughter threatens to run av... simply tell her that she is welcome to do so, but that th... at home will not change as a result. Also point out to ... that running away from her conflicts with you is not a ... of solving them and will only confirm in your mind that ... is not mature enough for certain privileges. In all likeliho... she'll do nothing more than sulk. And stay home.

Q: My second-grade son is starting to misbehav... it ... school. It's nothing serious, but I'd like to nip it in the ... Any suggestions?

A: Use index cards to make up a batch of "daily re... cards" for him to take to school. Each card simply re... "Today, Ryan's behavior was excellent/good/fair." A... end of every school day, Ryan takes a daily report car... his teacher, who circles the appropriate description ...





signs the card, putting any comments on the back. Ryan is then required to bring the card home. At home, his after-school privileges depend on the teacher's rating.

The daily report card idea helps build a bridge of communication and consequences between school and home. What Ryan does in school affects what he does after school. If the teacher's ratings are accurate, and if you follow through consistently at home, Ryan should solve his classroom behavior problem soon.

Q: My 17-year-old daughter has started to date a boy with a bad reputation. We fear that his influence may undermine some of the values we have tried to instill in her. What should we do?

A: It's what you *shouldn't do* that's important. You shouldn't prohibit the relationship, for example, on the basis of his reputation. You shouldn't criticize him to your daughter. Instead, make every effort to keep your cool concerning the whole issue.

I would advise that you sit down with your daughter and tell her everything you've heard about this young man. Tell her that any parent in your situation would be concerned, even if the stories aren't all true. Then, affirm that you trust her and are confident that she will always use good judgment in the relationship.

The more your daughter feels that you accept the relationship, the more likely she is to act in accordance with the trust you place in her. Therefore, make the young man welcome in your home. Roll out the red carpet, in fact. Invite him over for dinner. Consider including him in family activities.

continued on page 49

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AS SOON AS YOU PUT IT ON. THEN, YOU CAN

WAIT UP TO A WEEK TO WASH. THAT'S HOW STAIN

STICK GETS OUT WHAT AMERICA GETS INTO.



SPRAY'N WASH® GETS OUT
WHAT AMERICA GETS INTO.®

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QUESTIONS FROM PARENTS

continued from page 47

Under such circumstances, the relationship will likely run its course more quickly. Then again, your daughter just might cause this young man to turn over a new leaf.

Q: My 2-year-old daughter has sucked her thumb since birth. Should I attempt to stop her? If so, how?

A: Many children begin sucking their thumbs before they're born. As infants, they continue doing so because it reminds them of the security of the womb. Since there's nothing wrong with thumb sucking at that age, you don't need to stop it. In fact, stopping it may create problems.

Nonetheless, some parents have been successful at gently and patiently persuading infants and toddlers to substitute pacifiers for thumbs. This makes it somewhat easier to later limit, or even end, the habit altogether. In most cases, children stop on their own during the early elementary years. Keep in mind, however, that some well-adjusted children have sucked their thumbs—privately, of course—well into their teens.



Children who suck their thumbs beyond the usual age may be OK psychologically, but not physically. The American Academy of Pediatric Dentistry says that thumb sucking after age 6 may cause the child's jaw to become malformed, which could mean braces later on. What's more, the academy says that kids younger than 6 who *vigorously* and *aggressively* suck their thumbs may eventually create dental problems as well.

Q: My son's third-grade teacher says he is hyperactive and needs to be put on medication. What is hyperactivity, and what kind of medicine is she talking about?

A: Hyperactivity is just one symptom of a behavioral syndrome known as Attention Deficit Disorder, or ADD. Children who exhibit the disorder—characterized by a short attention span and problems with self-control—are often, but not always, described as overly active.

Be aware that one person's description of overactivity may be different than another's. That's why you should have your son evaluated by a physician or a psychologist, the only professionals qualified to make this diagnosis.

Mild doses of various central-nervous-system stimulants (Ritalin being the most common) are often used to increase the attention spans of ADD children. Properly administered and monitored, medications are generally safe and usually helpful. As attention span improves, so does school performance and self-control.

Medication alone, however, won't solve the problem. An ADD child needs more than the usual amount of structure at home and at school. Rules, routines, and responsibilities should be well-defined and consistently enforced. For instance, put a list of daily chores on the refrigerator. You should also correct misbehavior as soon as it happens. Many ADD children also need tutoring to help catch up in school. Most important, make an appointment to discuss the problem with either a psychologist or your pediatrician.

Q: When our son turned 16 and got his driver's license, we let him use one of the family cars. This arrangement has proved inconvenient, however, so we're about to buy him his own car. Any suggestions?

A: We bought each of our children a car with the understanding that they had two months in which to find an after-school job that would pay for the increase in insurance costs. If, after two months, they didn't have a job, then they didn't get to keep the car. Once they had a job, we told them we would tolerate a slight drop in grades over one grading period as they adjusted to their new lifestyle. A continuing pattern of lower grades, however, would mean they were not ready for the responsibilities that came with a car. They would have to quit their job and sell their car.

As it turned out, everything went smoothly. The children rose to the challenge, learned to manage their time, and took excellent care of their automobiles. The lesson was well worth the expense.

Q: When I take my 7-year-old into a store with me, he never fails to wander off or cause a ruckus over something I won't buy him. I'm at wit's end over this. Short of never taking him into stores with me, what can I do?

A: The next time your son goes shopping with you, stop just inside the store entrance and hand him two small pieces of colored cardboard—"tickets." Tell him that each time he wanders away from you or causes a ruckus, you will take a ticket. The first ticket lost is his warning ticket. Losing the second ticket before you leave the store means spending the remainder of the day in his room when you arrive home. He will no doubt test you to see if you intend to stand by your word. If you do, and you handle him this way every time you go to a store, he will soon discover that his crimes no longer pay.

Q: At bedtime, our 5-year-old son insists that my husband or I lie down with him until he is asleep. If we refuse, he keeps bothering us until one of us gives in. He's an otherwise well-behaved child with lots of friends. Is there a solution we haven't tried yet?

A: Here's an idea: If he insists that you lie down with him, do so. Let him know, however, that he'll have to pay for your inconvenience by staying inside after school the next day, not watching television, and going to bed one hour early. This approach gives him a clear choice, yet avoids a power struggle. It may take a few weeks, but I've never known this strategy to fail.

—Family psychologist John Rosemond's most recent book, Parent Power! *(Andrews/McMeel), can be found in bookstores throughout the country.*

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SPACE-AGE SCHOOLS

Techno wonders are changing the way our children learn



Today's curious students have the world at their fingertips. More and more schools are taking advantage of fast-moving advances in technology to equip their classrooms with powerful high-tech computers. Some of these modern teaching tools are even wired into global libraries of information that offer students the chance to hold two-way teleconferences with schools and universities around the world.

Proponents of high-tech education say that these and other new learning strategies are needed to help American students compete in a globalized economy that requires rapid and efficient information management.

Here's how four of these techno wonders are transforming our schools, and what these technologies mean for teachers and students.

Personal computers. As computers trickled into schools in the early 1980s, they were often taught as a subject unto themselves. Now computers are increasingly recognized as a high-tech means to a traditional end.

The number of PC's in U.S. schools increased from 50,000 to 2.4 million during the last decade, according to the Association for Educational Communications and Technology. Schools today supply an average of one computer for every 16 students, a nearly 50-percent increase since 1988, estimates the U.S. Congress Office of Technology Assessment (OTA).

"The real shift in the past 10 years is toward seeing computers as a resource for thinking," says Linda Roberts, project director of OTA's educational technology studies. "The computer is the new textbook."

"The real shift in the past 10 years is toward seeing computers as a resource for thinking."

Education experts also point out that computers and other technological tools mesh well with cooperative learning, an emerging and popular teaching technique that encourages small groups of students to prepare assignments together with minimal participation from the teacher.

"Businesses tell us that they want kids who can work collaboratively, communicate well, and do minute-by-minute problem-solving," says Bets Barrett, director of technology at Penn High School in Mishawaka, Indiana.

Distance learning. Schools now supplement their own curricula with lessons delivered to the classroom via satellite, cable television, and telephone lines. Through a computer network called Internet, students can tap directly into government and university-library data bases. They can also use the system to communicate with students and teachers in classrooms around the world and gain access to a variety of computer information services.

At Penn High School, students and teachers often map out classroom objectives together, says Barrett. The students use the school's computer and distance-learning resources to solve problems, then meet to decide if their goals have been accomplished.

In one case, students at Penn who were working on the design of a small submarine discovered through Internet that a class in Alaska was working on a similar project. The two classes set up a computer data link and exchanged strategies and information throughout their projects.

Schools in other parts of the country are also embracing distance learning. For example, in Kentucky, a program called Star Channels has placed satellite dishes at every one of the state's public schools. The dishes allow students to pluck video lessons right from the airwaves.

At Eagan High School in Minnesota, classrooms are equipped with telephone lines that are linked electronically to the school's library, computer lab, and other high-tech resources outside the school building.

Television. Whittle Communication's *Channel One* is one program

continued on page 52

SPACE-AGE SCHOOLS

continued from page 51

that can be delivered directly to schools via satellite. Educational programs generated by the Public Broadcasting Service alone are seen by 29.5 million students in 70,000 schools.

Interactive technology. Among the newest technologies are CD-ROM discs. Although it looks like a conventional compact disc, a CD-ROM disc stores staggering amounts of information—everything from text to moving pictures to stereo sound. Using a computer and a CD-ROM player, students can search through vast collections of data in seconds. Research that would take hours at a conventional library might take ten minutes with a CD-ROM setup.

A NEW ROLE FOR TEACHERS

High-tech classrooms are helping reshape the role of teachers. "A teacher becomes a coach," says Howard Mehlinger, director of Indiana University's Center for Excellence in Education, "not some authority figure who tells you what you should know."

Despite the predictions of some people that teachers and classrooms will disappear in favor of computer instruction, most experts see a less extreme outcome.

"I've always had the attitude that if a computer can replace a teacher, the teacher deserves to be replaced," says Mehlinger. "Good teachers can't be replaced."

Computers allow teachers to simultaneously provide instruction for students of all skill levels. "With computers, everyone doesn't have to plod along at the same pace," says Mehlinger.

Despite advances in computers and software, few teachers and students use computers to accomplish the majority of their classroom work, finds a 1990 study of 1,416 U.S. elementary and secondary schools conducted by the Center for Social Organization at Johns Hopkins University. The study indicates that the major stumbling blocks—in addition to the ongoing problem of too few computers per student—were teacher attitude and inadequate teacher training in computers.

"The best estimates show that while the number of teachers who effectively use technology has increased, fewer than half of all teachers are using it," says Roberts.

In some cases, teachers are simply baffled or feel their authority is usurped by technology that puts so much power in the hands of students.

Part of the problem is that teacher colleges haven't caught up. "Most teacher-education programs expect teachers to learn about computers in an ad hoc way," says Roberts.

While some teachers are skittish about technology in the classroom, students are enthusiastic. "Students are eager for technology," says Stanley D. Zenor of the Association for Education Communications and Technology. "They play sophisticated video games and they can program the family VCR. Then they get to school and there's no computer."



Like their teachers, students discover that technology changes their roles as well. For instance, computers can be tailored to meet individual students' abilities, giving them a larger role in the learning process.

Money: a major roadblock. New technology can be enormously expensive to implement and may be beyond the reach of many schools in an age of chronic budget cuts. Distance learning, however, is a less expensive way to expand a school's curriculum.

Other ideas: Schools can ask for equipment donations from computer companies or seek grant money from federal, state, and local agencies. For example, many schools took advantage of the Department of Education's 1988 Star Schools program, which offered schools $63 million in grants to buy distance-learning technology.

IS YOUR SCHOOL UP TO SPEED?

It's important to visit your child's school to see what kinds of technology are in use. Computers, when available, should be accessible to students. "Ask how the computers are being used," says Linda Roberts, of the Office of Technology Assessment. "Are they locked up half the time, stuck away in some lab?"

Find out from school administrators what plans there are for adding new equipment or upgrading existing facilities. Computers purchased in the 1980s may not be able to operate the latest software.

No national guidelines exist for technology in schools. According to Elsie L. Brumback, Director of Media and Technology, the North Carolina Department of Public Instruction suggests these minimums for the state's public schools::

- **Five to six computers for each classroom.**
- **Computer stations for teachers.**
- **CD-ROM and interactive video discs for every classroom.**
- **Automatic reference tools such as card catalogs stored on computer.**
- **Enhanced telephone communications, such as a phone line in the media center that's connected to computer information services.**
- **A VCR and 27-inch TV monitor for every classroom, for viewing instructional tapes and programs that are delivered by satellite.** BH&G



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BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items have been omitted.

AMERICA'S BEST NEW HOME VALUES

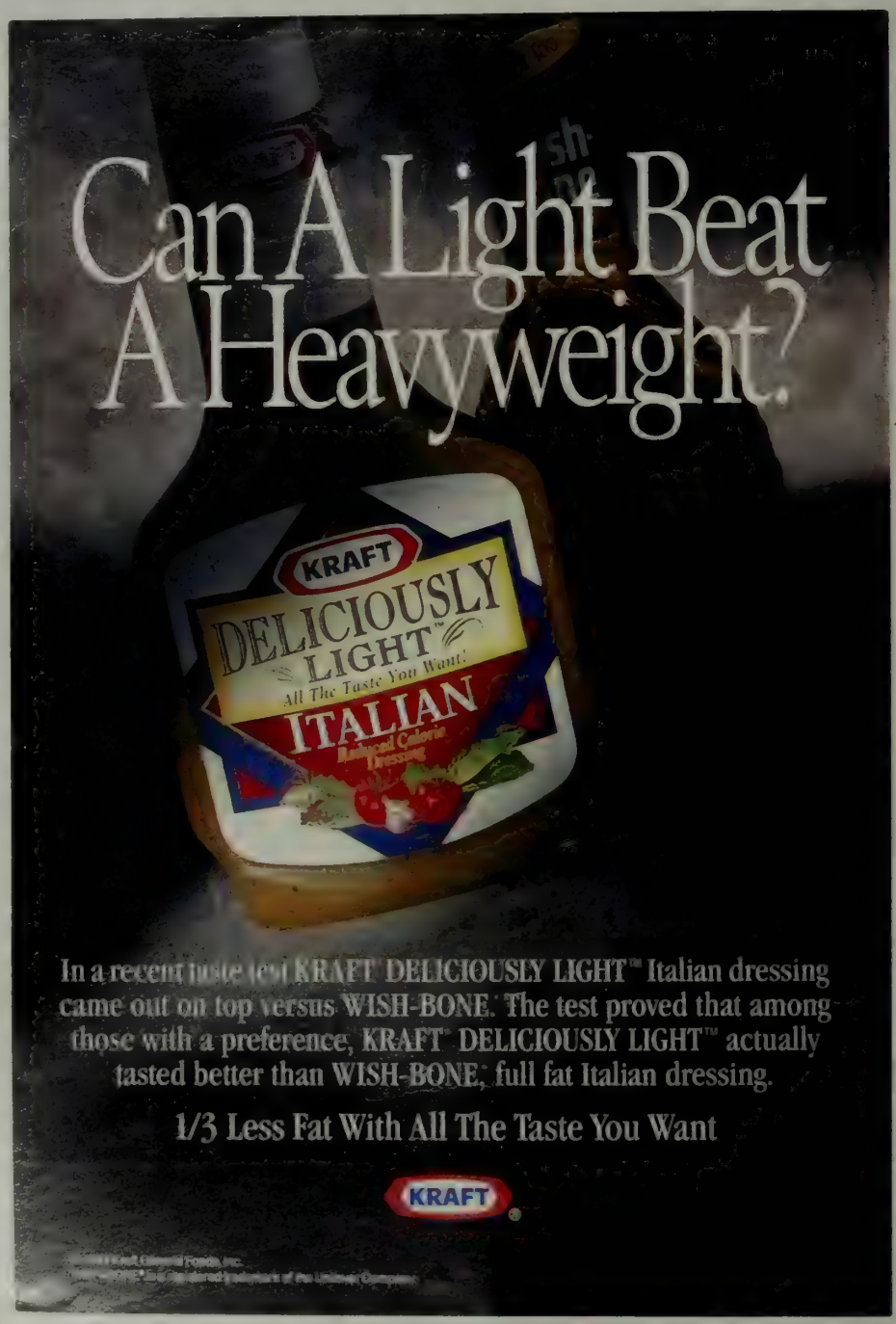
Page 75: Siding—Brocco Mix, Florida Mining and Materials, P.O. Box 0338, Tampa, FL 33655. **Entry door**—Johnson Metal Products Co., 305 Industrial Pkwy., Richmond, IN 47374. **Garage door**—Wayne-Dalton Corp., P.O. Box 67, Mount Hope, OH 44660.

Page 76: Stone veneer—Stucco Stone Products, Inc., P.O. Box 270, Napa, CA 94559; 800/255-1727. **Exterior paint**—Frazee Ind., 6625 Miramar Rd., San Diego, CA 92121. **Roofing**—Eagle Tile, 3546 N. Riverside Ave., Rialto, CA 92376. **Windows**—Rolleze, 13690 Vaughn St., Fernando, CA 91340. **Entry door**—Johnson Metal Products Co., 305 Industrial Pkwy., Richmond, IN 47374. **French doors**—Simpson Door Co., 1907 SE. Grand, Portland, OR 97214; 800/952-4057. **Garage door,** "Cladwood"—American Garage Doors Corp., 3072 Rubidous Blvd., Riverside, CA 92509; 909/686-9030.

Page 80: Entry door—Therma-Tru Corp., 1684 Woodlands Dr., Ste. 150, Maumee, OH 43537; 419/891-7400 or 800/537-8827. **Garage door**—Roll-Lite Overhead Doors, 10407 Rocket Blvd., Orlando, FL 32824; 407/857-0680. **Roofing**—Johns-Manville, 2222 Kensington Ct., Oakbrook, IL 60521; 312/887-7400.

Page 82: Windows—Chelsea Ind., 565 Cedar Way, Oakmont, PA 15139. **Entry door**—Perma-Door, 9017 Blue Ash Rd., Cincinnati, OH 45242. **Garage door**—Delden Mfg. Co., Inc., 2130 Campbell St., Kansas City, MO 64108. **Vinyl siding**—Wolverine Technologies, Inc., 17199 Laurel Park Dr., N, P.O. Box 537901, Livonia, MI 48153-7901; 800/321-9020. **Exterior paint**—The Glidden Co., 925 Euclid Ave., Cleveland, OH 44115. **Roofing**—Tamko Asphalt [illegible], P.O. Box 1404, Joplin, MO 64802; 80[illegible]

Page 84: Stucco and stone veneer, "Penn Crete 142"—IPA Systems, Inc., 2745 N. [illegible]



"Independence"—CertainTeed Corp. (address above). **Windows**—Andersen Corp., P.O. Box 12, Bayport, MN 55003. **Entry door**—Benchmark Doors, P.O. Box 7387, Fredericksburg, VA 22404-7387; 800/755-3667.

Page 88 (*top*): Siding—Louisiana-Pacific Corp., 111 SW. Fifth Ave., Portland, OR 97204. **Windows**—Milgard Mfg., Inc., P.O. Box 11368, Tacoma, WA 98411-0368; 800/562-8444. **Entry door**—Therma-Tru Corp., 1684 Woodlands Dr., Ste. 150, Maumee, OH 43537; 419/891-7400 or 800/537-8827. **Roofing**—Pabco Roofing Products, 1718 Thorne Rd., Tacoma, WA 98421. (***Bottom***): **Entry door**—Pease Ind., Inc., 7100 Dixie Hwy., Fairfield, OH 45014. **Windows**—Jordan, 4661 Burbank Rd., Memphis, TN 38118; 800/838-8848. **Roofing**—GAF Corp., 1361 Alps Rd., Wayne, NJ 07470. **Brick**—U.S. Brick, P.O. Box 549, Stanton, KY 40380-0549; 800/228-4884.

Page 90: Stucco, "UltraKote 1 Stucco System"—UltraKote, Inc., 3722 E. Pierson, Phoenix, AZ 85018. **Exterior paint**—Frazee Ind., 6625 Miramar Rd., San Diego, CA 92121. **Roofing,** "Prestique II"—Elk Corp., 14643 Dallas Pkwy., Ste. 1000, Dallas, TX 75240. **Windows**—Masterview Window Co., 3065 S. 43rd Ave., Phoenix, AZ 85009. **Entry door,** "Oakcraft"—Ceco Entry Systems, Brentwood Commons, 750 Old Hickory Blvd., Ste. 150, Brentwood, TN 37027. **Garage door**—Taylor Door Systems, 613 N. First St., West Branch, MI 48661.

Page 91: Exterior paint, main color, "Greysand"; trim, "Special Buttonwood"—M.A.B. Paint Co., 1400 W. New Haven Ave., Melbourne, FL 32904. **Roofing**—Owens Corning Fiberglas, M.S.C. Meeks, Fiberglas Tower, Toledo, OH 43659; 419/248-8000. **Windows**—Kinco, LTD., 5245 Old Kings Rd., Jacksonville, FL 32205. **Entry door,** "Rigi-Gard"—Johnson Metal Products Co., 305 Industrial Pkwy., Richmond, IN 47374. **Garage door**—Wayne-Dalton Corp., P.O. Box 67, Mount Hope, OH 44660.

Page 92: Roofing—Eagle Tile, 3546 N. Riverside Ave., Rialto, CA 92376. **Windows**—Rolleze, 13690 Vaughn St., Fernando, CA 91340. **Entry door**—Johnson Metal Products Co., 305 Industrial Pkwy., Richmond, IN 47374. **Garage door,** "Cladwood"—American Garage Doors Corp., 3072 Rubidous Blvd., Riverside, CA 92509; 909/686-9030. **Exterior paint**—Frazee Ind., 6625 Miramar Rd., San Diego, CA 92121.

26869, Philadelphia, PA 19134; 800/523-3834. **Roofing,** "Horizon Shangle"—CertainTeed Corp., P.O. Box 860, Valley Forge, PA 19482; 800/523-7844. **Entry door**—Therma-Tru Corp. (address above). **Garage door**—Overhead Door Corp., P.O. Box 809046, Dallas, TX 75380-9046. **Windows,** "Techweld 2000"—Alumo Products, P.O. Box 347, Regency Blvd., Mt. Carmel, PA 17857-0347. **Exterior paint**—The Glidden Co., 925 Euclid Ave., Cleveland, OH 44115.

Page 86: **Siding**—Alcoa Building Products, Div. of the Stolle Corp., P.O. Box 716, Sidney, OH 45365. **Roofing,**

KITCHENS PLUS

Pages 112–113: Stove—Jenn-Air Co., 3035 Shadeland Ave., Indianapolis, IN 46226. **Dishwasher**—Whirlpool Corp., 2000 JS 33 N. Benton Harbor, MI 49022; 800/253-1301. **Refrigerator**—Frigidaire Co., 6000 Perimeter Dr., Dublin, OH 43017. **Paint**—Ameritone, P.O. Box 190, Long Beach, CA 90801.

Pages 114–115: Refrigerator, dishwasher—KitchenAid, Inc., 701 Main St., St. Joseph, MI 49085; 800/422-1230. **Cabinets**—J. Wood, P.O. Box 367, Rte. 322, Milroy, PA 17063. **Lights**—Halo Lighting, Div. of Cooper Ind., 400 Busse Rd., Elk Grove Village, IL 60007. **Fan**—Casablanca Fan Co., 450 N. Baldwin Park Blvd., City of Industry, CA 91746; 800/759-3267. **Island sink**—Luwa, UNR Home Products, P.O. Box 1010, Ruston, LA 71273; 800/637-6485. **Faucet**—KWC/Rohl Corp., 1559 Sunland Way, Costa Mesa, CA 92626. **Windows**—Pella Windows & Doors, 102 Main St., Pella, IA 50219. **Chair and table**—Macy's San Francisco, Union Square, San Francisco, CA 94133.

Pages 116–117: Range—Viking Range Corp., P.O. Drawer 956, 111 Front St., Greenwood, MS 38930. **Hood fan**—Vent-A-Hood Co., P.O. Box 830426, Richardson, TX 75083. **Hanging lights**—George Kovacs Inc., 931 Madison Ave., New York, NY 10021. **Bar chairs**—Images of America Inc., Attn: Sales Dept., P.O. Box 1127, Thomasville, NC 27361-1127. (***Top right***): **Skylight**—Velux-America Inc., P.O. Box 5001, Greenwood, SC 29648-5001; 800/283-2831. (***Bottom right***): **Fireplace**—Heatilator, Div. of HON Ind., Inc., 1915 W. Saunders Rd., Mt. Pleasant, IA 52641.

IN THE MOOD

'40s Decorating Gets Back in the Swing

Pages 122–123: Striped wall covering—Waverly, 79 Madison Ave., New York, NY 10016. **All wall and floor paint**—Devoe & Raynolds Co., 4000 Dupont Circle, Louisville, KY 40207.

Pages 124–125: Flooring—Kentile, 58 Second Ave., Brooklyn, NY 11215. **Wall covering, border**—Mrs. Mitchell's Country Kitchen, Sunworthy, 195 Walker Dr., Brampton, Ontario L6T3Z9, Canada.

Pages 126–127: Wallcovering, borders—The Mary Engelbreit Collection by Prelude Designs for Seabrook Wallcoverings, 1325 Farmville Rd., Memphis, TN 38122; 800/238-9152. **Sampler**—Mary Engelbreit Designs, Dimensions, 641 McKnight St., Reading, PA 19601. **Toaster**—Hamilton Beach/Proctor-Silex Inc., 4421 Waterfront Dr., Glen Allen, VA 23060. **Fruit pitchers, plaid dinnerware**—The Haldon Group, 1900 Hurd Dr., Irving, TX 75038. **Solid dinnerware**, "Roma"—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **Glassware**, "Arbor Vine"—The Pfaltzgraff Co.; 800/999-2811.

Page 128 (*top left*): All furniture—Country Inns and Backroads Collection, Thomasville Furniture Ind., P.O. Box 339, Thomasville, NC 27360. (***Top right***): **Wallcovering, borders**—Vintage Rosie II by Pat Farrell for Motif Designs, 20 Jones St., New Rochelle, NY 10801. (***Center***): **Plaid dinnerware, pitcher**—The Haldon Group, (address above). **Glassware**, "Arbor Vine"—The Pfaltzgraff Co., 800/999-2811. **Flatware**, "Fiesta"—The Homer Laughlin China Co., Newell, WV 26050; 800/452-4462. (***Bottom right***): **Blender**—Waring Products, 283 Main St., New Hartford, CT 06057. **Orange juicer**—Metrokane Inc., 964 Third Ave., New York, NY 10022. **Toaster**—Hamilton Beach/Proctor-Silex Inc., 4421 Waterfront Dr., Glen Allen, VA 23060.

VIVA LA GREENS, GRAINS & BEANS

Pages 136–137 (*left*): Plate, "Countryware"—Wedgewood USA, Inc., 41 Madison Ave., New York, NY 10010. (***Top right***): **Plate**, "Fion White"—Villeroy & Boch, 41 Madison Ave., New York, NY 10010. **Fork**, "Ramona"—Yamazaki Tableware, Inc., 150 North St., Teterboro, NJ 07608. (***Bottom right***): **Plate**—Crate & Barrel, P.O. Box 9057, Wheeling, IL 60062; 800/323-5461.

Pages 138–139 (*top left*): Plate, "Stripes"—Rosenthal USA Ltd., 66-26 Metropolitan Ave., Middle Village, NY 11379. (***Bottom left***): **Plate**, "High Spirits"—Mikasa, One Mikasa Dr., Secaucus, NJ 07094. **Fork**, "Cityscape"—Oneida Ltd., Oneida, NY 13421.

Pages 140–141 (*left*): Plate, "Speedway"—Rosenthal USA Ltd. (address above). **Fork**, "Supreme"—Towle Silversmiths, 175 McClellan Hwy., E. Boston, MA 02128. (***Right***): **Plate**, "Metropolis Black"—Sasaki, 41 Madison Ave., New York, NY 10010.

Page 142: Plate, "Fiesta"—Homer Laughlin, Newell, WV 26050.

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Page 159 (*left*): Plate, "Piccolo"—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371.

Page 160 (*left*): Bowl, "Mosaic"—Conran's Habitat, 160 N. Golf Rd., King of Prussia, PA 19406; 215/337-8322. (***Right***): **Plate**, "Summer Alfresco" No. 3499; **glass**, "Argean Tumbler" No. 3257—Smith & Hawkens, 25 Corte Madera, Mill Valley, CA 94941; 415/383-2000.

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IN THE MOOD

'40s Decorating Gets Back in the Swing

Pages 122–123: Designer—David J. Arms, 2000 McGavock Pike, Nashville, TN 37216.

Page 126: Designer, Teatime Quilt—Jil Severson.

continued on page 94





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OUR ENVIRONMENT

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Tell us like it is! We all hear plenty about the environment from activists, lobbyists, and politicians. Now, we think it's time they listened to you. By filling out this survey and mailing it back to us, you can send a powerful message to our business and government leaders about your environmental concerns. We'll report the results you send us in a future issue, and make sure your voices are heard.

Tom Jackson

Tom Jackson, Environment Editor



1 **Of all the environmental problems facing you or your family, please tell us which ones you think are the most important.** ***(Place a 1 beside the worst problem, a 2 beside the second worst problem, and so on. Please rank all responses, 1-13.)***

11 ____Acid rain
13 ____Air pollution/smog
15 ____Deforestation
17 ____Global warming
19 ____Indoor air pollution
21 ____Landfill overcrowding
23 ____Nuclear wastes
25 ____Over development, urban sprawl
27 ____Ozone depletion
29 ____Radiation from power lines
31 ____Species extinction
33 ____Toxic waste disposal
35 ____Water pollution

2 **Do you or does any member of your family use public transportation on a regular basis?**

37-1 ❑ Yes -2 ❑ No

3 **If you answered *No* to the previous question, please answer the following: *If public transportation were made safe, clean, and convenient to your commuting routes, would you or any of your family use it regularly?***

38-1 ❑ Yes -2 ❑ No

4 **In the last three years, have you seen or taken note of any "green" advertising, or ads for products claiming environmental improvements or benefits?**

39-1 ❑ Yes -2 ❑ No

5 **If you answered *Yes*, please tell us what you think of the "green" advertising or environmental claims you've seen about companies and products.**

40-1 ❑ I believe all of the ads.
-2 ❑ I believe about half of the ads.
-3 ❑ I believe very few of the ads.
-4 ❑ I believe none of the ads.

6 **If you are answering as a *Family*, tell us who in your household is the most environmentally aware.**

41-1 ❑ Mother -2 ❑ Father -3 ❑ Children

continued on next page

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7 Below are a number of things we could each do to improve the quality of the environment. **Tell us if you or your family are doing any of them now, and if not, whether or not you or your family would be very willing, somewhat willing, or not at all willing to do each one.**

	DOING IT NOW (-1)	VERY WILLING (-2)	SOMEWHAT WILLING (-3)	NOT AT ALL WILLING (-4)
Drive a small, fuel-efficient car.	42 ❑	❑	❑	❑
Recycle paper, plastic, glass, or aluminum.	43 ❑	❑	❑	❑
Use low-phosphate soaps and detergents.	44 ❑	❑	❑	❑
Pay a small price increase for recycled packaging.	45 ❑	❑	❑	❑
Live in a smaller house.	46 ❑	❑	❑	❑
Support a "carbon tax" on fuel.	47 ❑	❑	❑	❑
Use compact fluorescent light bulbs.	48 ❑	❑	❑	❑
Install low-flow shower heads and faucets.	49 ❑	❑	❑	❑
Install a low-flow toilet.	50 ❑	❑	❑	❑
Avoid restaurants that use plastic foam take-out containers.	51 ❑	❑	❑	❑
Boycott companies that pollute.	52 ❑	❑	❑	❑
Join an environmental group.	53 ❑	❑	❑	❑
Cut back on lawn and garden chemicals.	54 ❑	❑	❑	❑

8 **Who do you trust most as a source of information about the environment?** ***Put a 1 beside the most trustworthy, a 2 beside the next most trustworthy, and so on through 10, the least trustworthy.***

55 ____City governments
57 ____Corporations, business
59 ____Environmental groups
61 ____Federal government
63 ____Magazines
65 ____Newspapers
67 ____Schools
69 ____State governments
71 ____Television news
73 ____Word of mouth, friends and neighbors

9 **Do you think our national laws and regulations protecting the environment are:**

75-1 ❑ Too strict
-2 ❑ About right
-3 ❑ Not strict enough

10 **Many products could be environmentally improved if consumers would be willing to pay more. For each of the products listed, please indicate how much of a price increase, if any, you would be willing to pay.**

	0%	5%	10%	15%	20%
Audio and video equipment	11 ❑	❑	❑	❑	❑
Automobiles	12 ❑	❑	❑	❑	❑
Home appliances	13 ❑	❑	❑	❑	❑
Lumber and wood products	14 ❑	❑	❑	❑	❑
Meat, fish, and poultry	15 ❑	❑	❑	❑	❑
Newspapers and magazines	16 ❑	❑	❑	❑	❑
Paper products	17 ❑	❑	❑	❑	❑
Soaps and detergents	18 ❑	❑	❑	❑	❑
Vegetables and produce	19 ❑	❑	❑	❑	❑

11 **Rate the following groups on how well you think they are responding to you and your family's needs for a better environment.**

	EXCELLENT	GOOD	FAIR	POOR
Agriculture	20 ❑	❑	❑	❑
American citizens	21 ❑	❑	❑	❑
Corporations and business	22 ❑	❑	❑	❑
Government	23 ❑	❑	❑	❑

Do you have any other concerns or questions we haven't addressed here? Please feel free to write us a letter and include it with your survey.

WE'D LIKE TO KNOW MORE ABOUT YOU TOO.

In what state do you currently reside?_____

What is your zip code? _____

If answered as part of a student group, please check here: 24 ❑
and tell us what grade you are in:_____(25-26)*

If you answered this survey as an individual, check here: 27 ❑

Are you: 28-1 ❑ Male -2 ❑ Female

Are you:

29-1 ❑ Under 25
-2 ❑ 25-29
-3 ❑ 30-34
-4 ❑ 35-39
-5 ❑ 40-44
-6 ❑ 45-49
-7 ❑ 50-54
-8 ❑ 55-59
-9 ❑ 60-64
30-1 ❑ 65 or older

[OPTIONAL] What is your total annual household income, before taxes?

31-1 ❑ Under $20,000
-2 ❑ $20,000-$29,999
-3 ❑ $30,000-$39,999
-4 ❑ $40,000-$49,999
-5 ❑ $50,000-$59,999
-6 ❑ $60,000-$69,999
-7 ❑ $70,000-$79,999
-8 ❑ $80,000-$89,999
-9 ❑ $90,000-$99,999
32-1 ❑ $100,000 or more

Send this questionnaire to: BETTER HOMES AND GARDENS, FAMILY FORUM 3, P.O. Box 10607, Des Moines, IA 50336-0607.

I'm not gonna itch "No More!"

Introducing JOHNSON'S NO MORE ITCHIES.™

There's no quicker way to relieve your child's itches from things like bug bites and poison ivy. Because, beneath its friendly exterior, NO MORE ITCHIES contains 1% hydrocortisone, the maximum dose available for children without a prescription. And unlike messy creams and ointments, the non-aerosol pump spray means no squirming, because you don't touch the itchy bite or rash. Great news for kids who love the great outdoors. Look for NO MORE ITCHIES in the First Aid Section of your store. Try new JOHNSON'S NO MORE OUCHIES,™ NO MORE GERMIES,™ and NO MORE BURN,™ too.



Nobody knows "all better" better than Johnson & Johnson

THE NEW FOOD LABELS
Making it easier to eat right

Soon to be gone are the food packages claiming to serve 2¾ servings. (Who eats ¾ of a serving anyway?) And, terms such as fresh, light, and natural will no longer be misleading. That's because within a year nearly all food packages will display nutrition labels that adhere to the new regulations established by the Food and Drug Administration (FDA). Because research has linked foods with certain health benefits or health risks, it makes good sense to read labels to make smart food choices.

WHAT NUTRITION FACTS TELL YOU

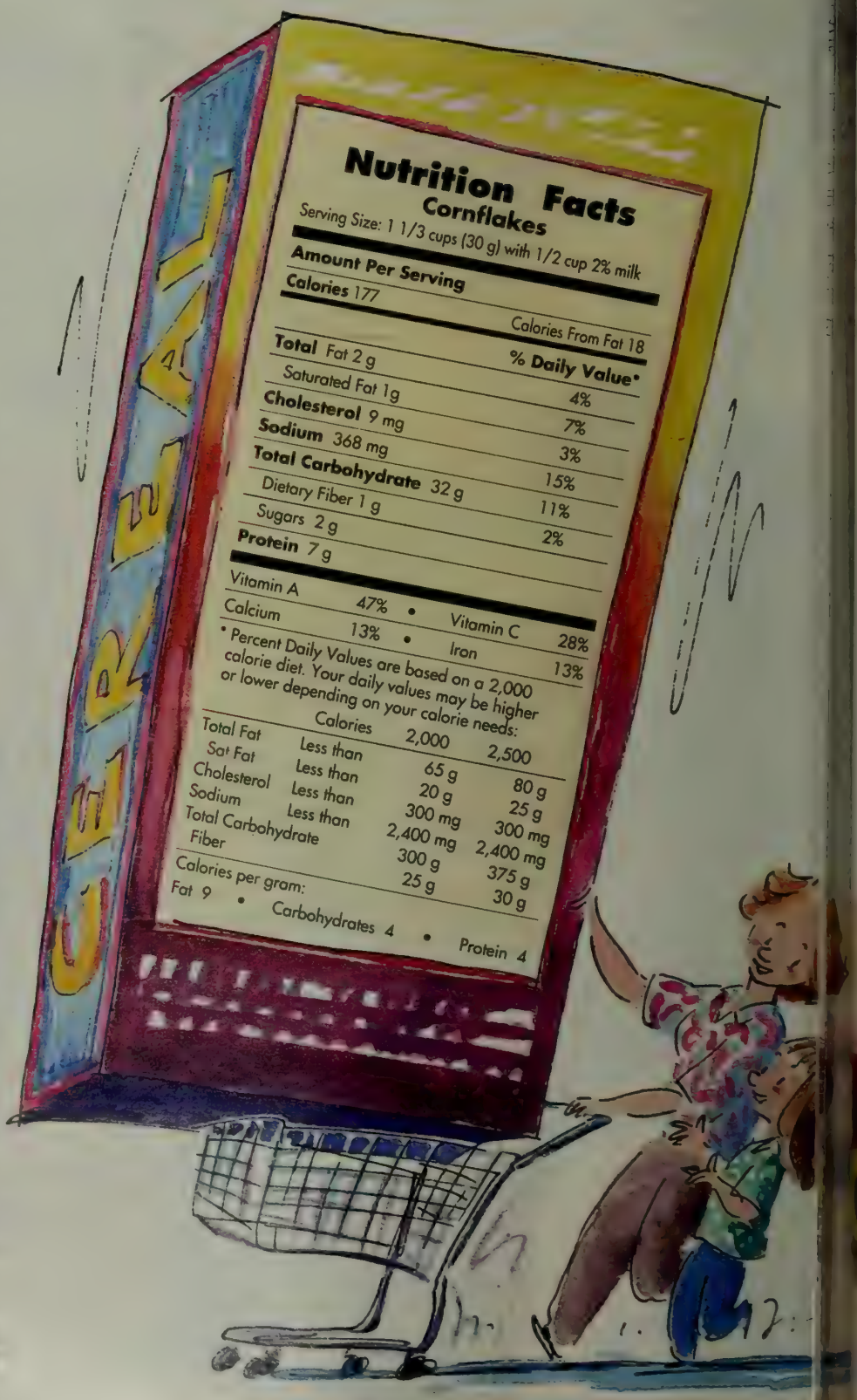
The Nutrition Facts labels found on foods will display more complete, accurate, and easy-to-understand information. Under the new guidelines, you'll find the following information on most food labels:

Serving sizes: For the first time, serving sizes for all similar foods must be consistent. For example, Brand A of macaroni and cheese must show the same amount per serving as Brand B. One brand cannot list ½ cup as a serving while the other specifies ¾ cup. Consistent serving sizes make it easier for you to compare nutritional values.

Calories and calories from fat: Along with the number of calories per serving, the label must include the number of calories coming from fat. This number will help individuals who try to limit their fat intake to less than 30 percent of their total caloric intake (the recommended level).

Daily Values for nutrients: The all-new Daily Values section of the label shows how a food fits into the overall daily diet. Given as percentages, the Daily Values tell the food's nutritional content based on a 2,000-calorie-a-day diet. The FDA chose 2,000 calories because it has the greatest health benefit for the public. This

continued on page 64



BY KRISTI FULLER, R.D.

I'm not gonna ouch "No More!"

Introducing JOHNSON'S NO MORE OUCHIES.™
The new first aid pain-relieving anti-septic spray that kes the ouch out of your hild's minor cuts, scrapes nd scratches fast. And akes treating them a t less scary, too. Unlike essy creams and ntments, the non-erosol pump spray means you don't have to touch your child's ouchies to make them better. All in all, it's great news for kids. And for parents like you. Look for NO MORE OUCHIES in the First Aid Section of your store, and try new JOHNSON'S NO MORE ITCHIES,™ NO MORE GERMIES,™ and NO MORE BURN,™ too.



Johnson & Johnson

GOOD FOOD/GOOD HEALTH

continued from page 62

level falls in the midrange of the calorie spectrum for the population.

Daily Values appear for those nutrients that address our biggest health concerns. These include total fat, saturated fat, cholesterol, sodium, total carbohydrate, dietary fiber, vitamins A and C, calcium, and iron.

To help you see how the foods you're buying meet your needs, look near the bottom of the label (*page 62*). You'll see a list of six nutrients and the maximum and minimum amounts (called Daily Values) that you should strive to eat each day, depending on your caloric intake. The amounts of the first four nutrients, total fat, saturated fat, cholesterol, and sodium, are maximum amounts. That is why the list says "less than" before the number. The amounts for total carbohydrate and dietary fiber are minimum amounts. You'll want to eat at least these amounts or more.

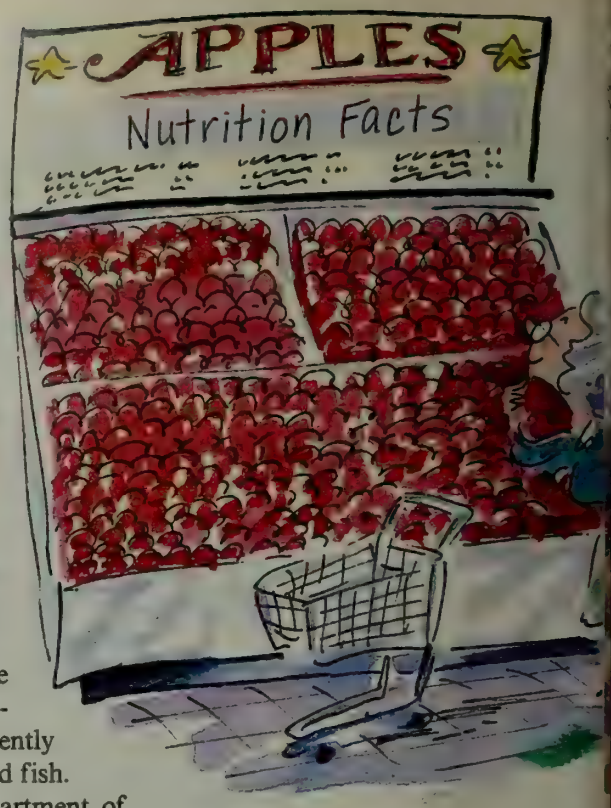
According to the American Dietetic Association (ADA), most people, particularly women, children younger than age 11, and older adults, should refer to the 2,000-calorie diet as a guide. The 2,500-calorie range should serve as a guide for men, pregnant women, and children older than age 11. Remember—these are only guides. Each person's needs varies.

Calories per gram: The bottom section of the label shows you how many calories are in each gram of fat, carbohydrate, and protein. This illustrates that fat has more than twice the calories of protein or carbohydrate.

SPECIAL EXCEPTIONS

Some foods will not have Nutrition Facts. These include:

- foods produced by a small business or foods produced and sold on site (such as bakeries), vending machine foods, foods shipped in bulk (such as flour shipped to cafeterias), coffee, tea, and some spices.
- packages that are too small to display the information. Instead, the manufacturers must include a phone number or address that consumers can call or write for the information.
- fresh fruits and vegetables; raw poultry, meat, and fish. Nutrition Facts are voluntary for many raw foods, but retailers are strongly advised by the FDA to display this information for the most frequently eaten fruits, vegetables, and fish.



The United States Department of Agriculture (USDA), which regulates meat and poultry, has issued regulations requiring nutrition labeling on processed meat and poultry products. Although retailers have until July 1994 to comply with the regulations, you will begin to see the labels soon. Labeling for fresh meat and poultry is voluntary.

OLD TERMS, NEW DEFINITIONS

Once-ambiguous label terms, such as *light* or *less,* now have meaningful definitions. It's not important that you memorize the definitions of these terms, but you can rely on them to choose foods wisely. Here are what the most common terms now mean:

Reduced, Less, or Fewer: A food that has been nutritionally changed or reformulated to contain at least 25 percent less of a nutrient or at least 25 percent fewer calories than the regular or reference food. For example, a *reduced fat* cheesecake must contain 25 percent less fat than regular cheesecake, or pretzels may claim to have 25 percent *less fat* than potato chips.

Free: Any product containing very small or insignificant amounts of one or more of the following: fat, saturated fat, cholesterol, sodium or salt, sugars, or calories. For example, *calorie free* means fewer than 5 calories per serving. *Sugar free* or *fat free* both mean the food has less than 0.5 grams of sugar or fat per serving. (*Without, no,* and *zero* are also approved terms that can be used in place of *free.*)

Low: Used on foods that may be eaten daily in reasonable amounts without exceeding the dietary guidelines for fat, saturated fat, cholesterol, sodium, or calories. The term may be used in these ways:

Low fat: 3 grams or less per serving
Low saturated fat: 1 gram or less per serving and not more than 15 percent of calories from saturated fat
Low sodium: 140 milligrams or less per serving
Very low sodium: 35 milligrams or less per serving
Low cholesterol: 20 milligrams or less per serving
Low calorie: 40 calories or less per serving
(*Little, few,* and *low source of* may also be used instead of *low.*)

High: A food containing 20 percent or more of the Daily Value for a desirable nutrient (such as vitamin C) per serving. (*Rich in* or *excellent source* may also be used instead of *high.*)

Good source: Reserved for foods that contain 10 to 19 percent of the Daily Value per serving for a specific nutrient, such as fiber or calcium. (Alternate terms are *contains* or *provides.* For example, some cereals may claim to be a *good source of fiber.*

Light or lite: There is more than one approved definition for the term *light* or *lite.* When describing a product that contains at least one-third

continued on page 6



What You Learn From These Nutritionists Could Change The High Fiber Cereal You'll Eat Tomorrow.



"I've actually had people thank me for recommending it. They never thought a high fiber cereal could taste this good."

Laurel Dauer, R.D.

Laurel Dauer, Registered Dietitian, Nutritionist, California

"Before I recommend something, I have to believe in it. That's why I'm so positive about Fruit & Fibre®."

Carol Meyerowitz, RD

Carol Meyerowitz, Registered Dietitian, Nutritionist, New Mexico

"It tastes terrific. So it's an easy solution to a very tough problem: getting people to include more fiber in their daily diet."

Nelda Mercer, R.D.

Nelda Mercer, Registered Dietitian, Nutritionist, Michigan

"People are looking for simple and delicious ways to increase their fiber intake. When I recommend Fruit & Fibre®, I know they've found one."

Grace Tam, R.D.

Grace Tam, Registered Dietitian, Nutritionist, Texas

We recently hosted a breakfast for 297 nutritionists and registered dietitians from 42 states during a national conference. After trying Post® Fruit & Fibre® cereal, they were asked if they'd recommend it. 92% of them said "yes." Why? Because Post® Fruit & Fibre® is a great tasting way to get fiber every day. It's the only high fiber cereal with a delicious combination of plump raisins, chewy dates, chunks of walnuts, crunchy oat clusters and crispy high fiber bran flakes. Read why so many of these experts recommend Post® Fruit & Fibre®.

"My clients really enjoy the taste. That's why I've been recommending it for years."

Shirley D. Schulzman RD

Shirley Schutzman, Registered Dietitian, Nutritionist, Maryland



Try The Delicious High Fiber Cereal These Nutritionists Across The Country Recommend.

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GENERAL FOODS CORPORATION

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continued from page 64

fewer calories or 50 percent less fat than the reference food, the term *light* or *lite* may be used. Or, the term may be used if the sodium content of a low-calorie, low-fat product has been reduced by 50 percent. For example, if *light* is listed on the label of a sour cream product, it may refer to any of these definitions. However, the one that applies must be specified on the label (such as *light in fat*).

Light may still be used to describe texture or color if the label explains this reference. For example, *light brown sugar* is allowed.

More: This term may describe any food containing at least 10 percent more of the Daily Value for protein, vitamins, minerals, dietary fiber, or



potassium than the reference food. For example, an iron-rich bread may claim to contain *more iron* than the reference bread.

Lean and extra lean: These may refer only to the fat content of meats, poultry, seafood, or game meats.

Lean: less than 10 grams fat, less than 4 grams saturated fat, and less than 95 milligrams cholesterol per serving and per 100 grams of the product's weight.

Extra lean: less than 5 grams fat, less than 2 grams saturated fat, and less than 95 milligrams cholesterol per serving and per 100 grams of the product's weight.

Fresh: Used only to describe a raw or unprocessed food that has never been frozen, heated, or preserved. *Fresh frozen, frozen fresh,* and *freshly frozen* are allowed on foods that have been quickly frozen while fresh. Certain foods, such as milk and bread, are exempt from this regulation if the food is generally accepted by consumers as *fresh.* For example, milk is usually pasteurized, yet considered *fresh* by consumers. If it is not pasteurized, it must be labeled "raw milk." Also, because bread can't be bought raw, it can be labeled *fresh.*

PERMISSIBLE HEALTH CLAIMS

Research has shown that some foods or nutrients may help decrease the risk of certain diseases or health-related conditions. Seven health claims pertaining to food-health relationships will be allowed on labels. They include:

1. Calcium and osteoporosis. A diet adequate in calcium may help reduce the risk for osteoporosis (a degenerative bone disease). A food that carries this claim must contain 20 percent or more of the Daily Value for calcium (200 milligrams) per serving. For example, this claim may be used on a milk label, which might also state that it is a *high source of calcium.*

2. Fat and cancer. A low-fat diet has been linked to helping reduce the risk of some types of cancer. To claim this relationship, the food must meet the requirements for *low fat.* If the health claim is used for fish or game meats, the food must meet the requirements for *extra lean.*

3. Saturated fat and cholesterol and coronary heart disease. Foods low in saturated fat and cholesterol may reduce the risk for heart disease. To use this claim on the label, the food must meet definitions for *low saturated fat, low cholesterol,* and *low fat.* Fish or game meats must meet only the *extra lean* requirements.

4. Fiber-rich grain products, fruits, and vegetables and cancer. Diets low in fat and high in fiber may reduce the risk of some types of cancers. In order to carry this claim, the food must contain a fruit, vegetable, or grain product and meet the definitions for *low fat* and *good source of fiber.*

5. Fiber-rich fruits, vegetables, and grain products and risk of heart disease. Along with eating a diet that's low in saturated fat and cholesterol, fiber (particularly soluble fiber) has been shown to help reduce blood cholesterol and the risk for heart disease. This claim may be used for a food that contains fruits, vegetables, or grain products; meets requirements for *low fat, low saturated fat,* and *low cholesterol;* and contains (without fortification) at least 0.6 grams of soluble fiber per serving.

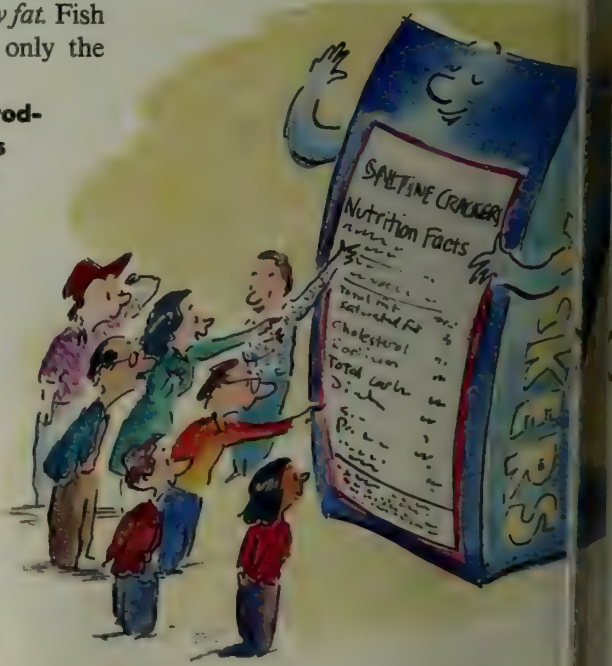


6. Sodium and high blood pressure. Because a low-sodium, low-salt diet may help prevent the development of high blood pressure, this claim may be used on foods that meet the requirements for *low sodium.*

7. Fruits and vegetables and cancer. A diet high in fruits and vegetables and low in fat may help lower the risk of some cancers. Some fruits and vegetables contain vitamin A, vitamin C, or fiber, all of which may help lower this risk. To display this claim, the fruits or vegetables must be *low fat,* and a *good source* (without fortification) of at least one of the following: fiber, vitamin A, or vitamin C.

FOR ADDITIONAL HELP

For more information about the new labels, call the National Center for Nutrition and Dietetics, 800/366-1655, 10 a.m. to 5 p.m. Monday through Friday.





No way.

Not even this one.

Yeah! Now you're cooking.

For lower saturated fat... corn oil and olive oil can't beat Crisco Oil.

SATURATED FAT PER TABLESPOON	
Crisco OIL	1.5 GRAMS
CORN OIL	2.0 GRAMS
OLIVE OIL	2.0 GRAMS



Cooks Who Know Trust Crisco

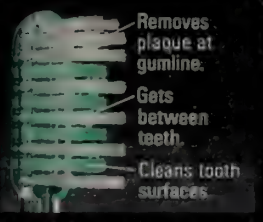
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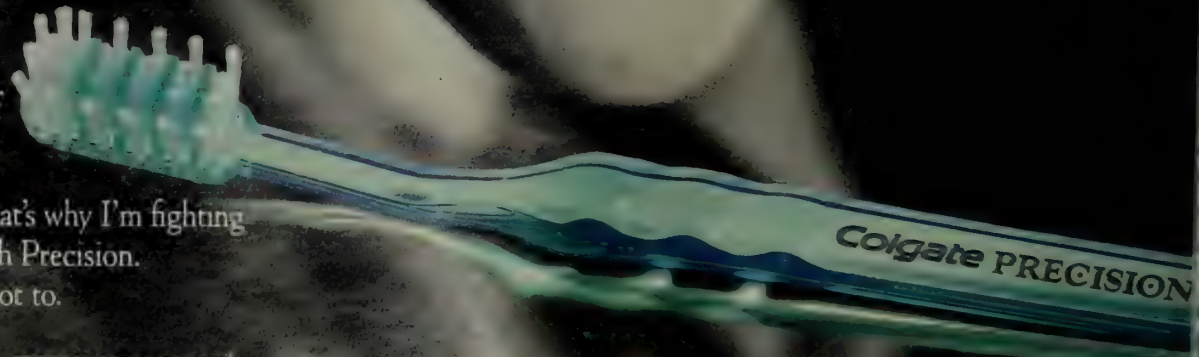
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The revolutionary, scientifically advanced, gum disease-fighting toothbrush.



You live. You learn. And I've learned that the only good thing about gum disease is not getting it. That's why I tried the Colgate Precision Toothbrush. I'm no dummy. I heard it's proven to remove more plaque than Oral B® *or* Reach.® But then look at the design. It's ingenious: 3 kinds of bristles. Outer ones, angled to help sweep plaque from the gumline. Long inner ones that clean between teeth.[2] And short inner ones that clean tooth surfaces. Clever stuff. That's why I'm fighting gum disease with Precision. I'm too smart not to.





Colgate PRECISION



Fighting Gum Disease Takes PRECISION

ADA ACCEPTED

*Difference in mean plaque removal after a single [illegible]

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BY PATRICIA HITTNER

FINDING HELP FOR THOSE AWKWARD ILLNESSES



You'll have no trouble scaring up concern for your migraines, arthritis, or ulcers. But, for some reason, when the subject turns to plumbing problems or sexual trouble, sympathy changes to silence or snickers.

Chronic constipation and diarrhea are prime examples of ailments that we pretend happen only to others. "I think it's unfortunate that symptoms related to bowel function are not considered socially acceptable. People don't realize that many others have the same problems," says Harris R. Clearfield, M.D., director of gastroenterology (illnesses of the digestive system) at Hahnemann University Hospital in Philadelphia.

"There's a certain fear associated with problems in an area so personal," says David Staskin, M.D., a urologist at Boston's Beth Israel Hospital. He says that this undue modesty is what keeps many people from seeking the medical help that could solve their troubles. So don't be shy: You aren't by any means the first to seek help for these medical woes.

Bowel problems. Most people would admit to grand larceny before owning up to bowel problems. But, an estimated one in five adults regularly suffers from constipation, diarrhea, excess gas, or abdominal pain, says Dr. Clearfield.

Many of these symptoms point to irritable bowel syndrome, in which the intestines overreact to spicy foods or life stresses, such as emotional upsets. Finding the right course of treatment can be tricky. Your doctor

continued on page 70

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It's not hype. The Colgate Precision Toothbrush really does have a revolutionary 3-bristle design.
It really does remove more plaque.[1]
It really does leave teeth clean.
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You will like it. Or you will—get your money back.



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AWKWARD ILLNESSES

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should be willing to work with you to find ways to reduce stress and offer guidance on foods to avoid.

Another, more serious, problem—inflammatory bowel disease—arises when the colon becomes inflamed or ulcerated. Drug treatment or, in severe cases, surgery may be called for. Any persistent change in bowel habits is a warning sign to see a doctor.

For more information on inflammatory bowel disease, contact the Crohn's and Colitis Foundation of America at 800/932-2423.

Vaginal dryness. A common concern after menopause, dryness can make intercourse extremely unpleasant. "Many women are troubled by the problem, yet they are reluctant to discuss it with their doctors," says Brian Walsh, M.D., director of the Menopause Clinic at Boston's Brigham and Women's Hospital.

Taking estrogen after menopause (or after surgical removal of the ovaries) almost always overcomes vaginal dryness. Women who can't or won't take hormones can try over-the-counter lubricants such as Replens or K-Y Jelly. Avoid using petroleum-based products, such as Vaseline, especially if you use latex condoms; these products weaken latex and can cause the condom to break. Frequent intercourse helps maintain vaginal moisture as well.

Genital lesions. Herpes is one common cause of painful sores. If you are pregnant and have had outbreaks in the past, tell your obstetrician. Active herpes often passes to the baby during vaginal delivery. Such infections threaten a newborn's life.

The human papilloma virus—another villain—causes warts on the vulva and within the vagina. In men, warts appear on the penis. Infected women face an increased risk of cervical cancer and should get regular Pap smears to detect cancer early. Warts can be vaporized with a laser, a treatment that often kills the virus as well.

Cancer of the vulva, which mainly strikes elderly women, usually appears as a hard, irregular area that bleeds easily. "In theory, this should be one of the most curable cancers," says Dr. Walsh, who says it is often diagnosed late because many women don't report it to their physicians.

Men should take note too. Cancer of the penis also starts as a sore that doesn't heal, says Dr. Staskin.

Uterine prolapse. Multiple pregnancies or difficult labors may weaken pelvic ligaments, causing the uterus to shift downward (prolapse). A prolapsed uterus, especially one that hangs outside the vagina, is prone to injury and infection. A secondary effect: problems with elimination as the bladder or rectum shift too.

Dr. Walsh usually recommends removing a fallen uterus. It's possible to surgically restore its position, he says, but cautions that it could drop again.

> Only 10 percent of people with incontinence get the medical help that could solve their problem. A simple exercise might help as many as one-third improve the condition.

One nonsurgical option uses a pessary to support the uterus. However, this diaphragm-like device promotes infection and must be removed once a month for cleaning.

Urinary incontinence. An estimated 12 million people in America have trouble controlling the flow of urine from their bladder, but only 10 percent ever consult a doctor. Instead, they hide behind pads and diapers, says David Staskin, M.D., a urologist at Boston's Beth Israel Hospital.

"You wouldn't cover up cancer with a Band-Aid, and urinary incontinence is almost like a social cancer," says Dr. Staskin. "People wearing pads are covering up their problem, when it might be improved or cured."

Most common among women, urinary incontinence often strikes after childbirth. Menopause usually worsens the condition, since loss of estrogen reduces muscle tone. Men with prostate illness or neurologic problems may also become incontinent.

Treatment varies according to the nature of the problem. With "urge incontinence," leakage occurs without warning. This problem responds to drugs that relax an overactive bladder. In "stress incontinence," exertion or a shock (a sneeze, for instance) causes an unwanted squirt of urine. This type of incontinence is treated by surgically strengthening the sphincter muscle that controls urine flow.

Also useful for bladder control are Kegel exercises, says Dr. Staskin, provided patients are motivated and learn the proper technique. He says this "pelvic floor reconditioning" can eliminate the need for surgery one-third of the time.

To learn to do Kegels, practice starting and stopping the flow of urine in midstream. Then, perform this same muscle action several times a day (but not while urinating). Your doctor can help if you need guidance.

For information, contact Help for Incontinent People, 1-800-BLADDER or The Simon Foundation for Continence, P.O. Box 835, Wilmette, IL 60091. Or, call 800/23-SIMON.

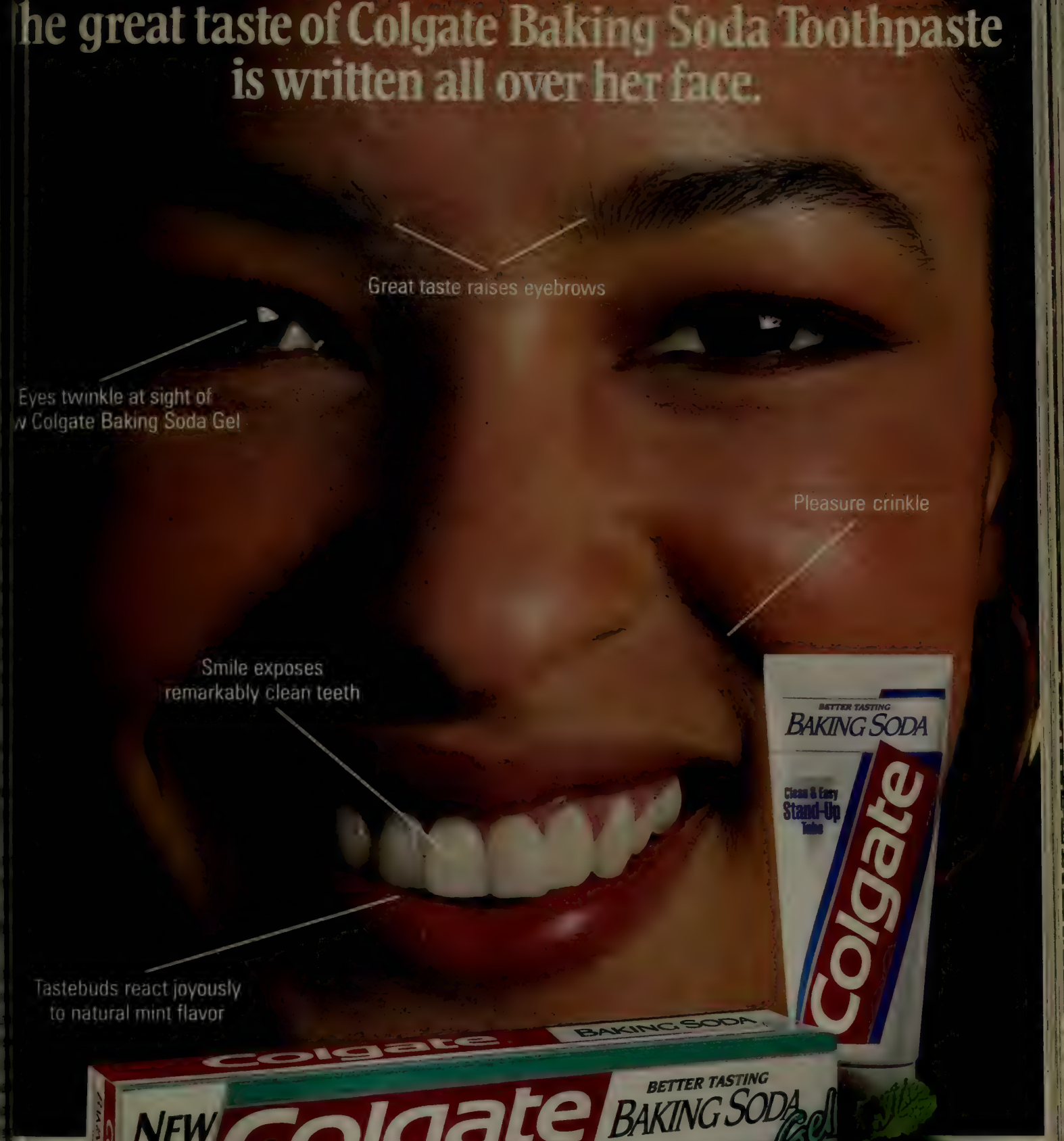
Impotence. Even the term carries a negative connotation, says Michael J. Droller, M.D., a urologist at Mt. Sinai Medical Center in New York City. Dr. Droller, who recently chaired a National Institutes of Health panel on impotence, prefers to call it "male sexual dysfunction." He says there's a dire need to increase education in this area among the public and doctors.

It's estimated 10 to 15 million American men experience impotence—the inability to obtain or maintain an erection. The likelihood rises with age, affecting about 30 percent of men older than 60. Numerous conditions can lead to impotence including diabetes, vascular problems, and high blood pressure. Other culprits: medications, alcohol, and depression.

Approximately 90 percent of patients can be treated successfully, says Richard Berger, M.D., director of the Reproductive and Sexual Medicine Clinic at the University of Washington Medical Center in Seattle.

Dr. Berger says that patients typically wait five or six years before consulting him. "I'd like to encourage men to look at this as they might look at any other health problem."

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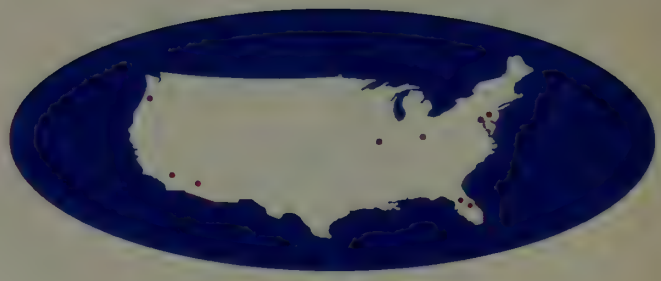
If your dog actually likes to sit and stay, it might be time to change his diet.



New Dog Chow Senior Formula for older dogs. If your dog is about seven yea older, he may be slowing down. That's why it's so important to make sure that your dog a diet that matches his changing nutritional needs. We suggest Dog Chow Senior For from Purina. 100% complete and balanced for adult dogs, Dog Chow Senior Formul fewer calories and less fat and sodium than the leading dry dog food to your old friend stay fit and healthy for life. New Dog Chow® Brand Dog Food Senior Formula. One of the Dog Chow family from Purina.

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BY JOAN McCLOSKEY AND WILLIAM L. NOLAN



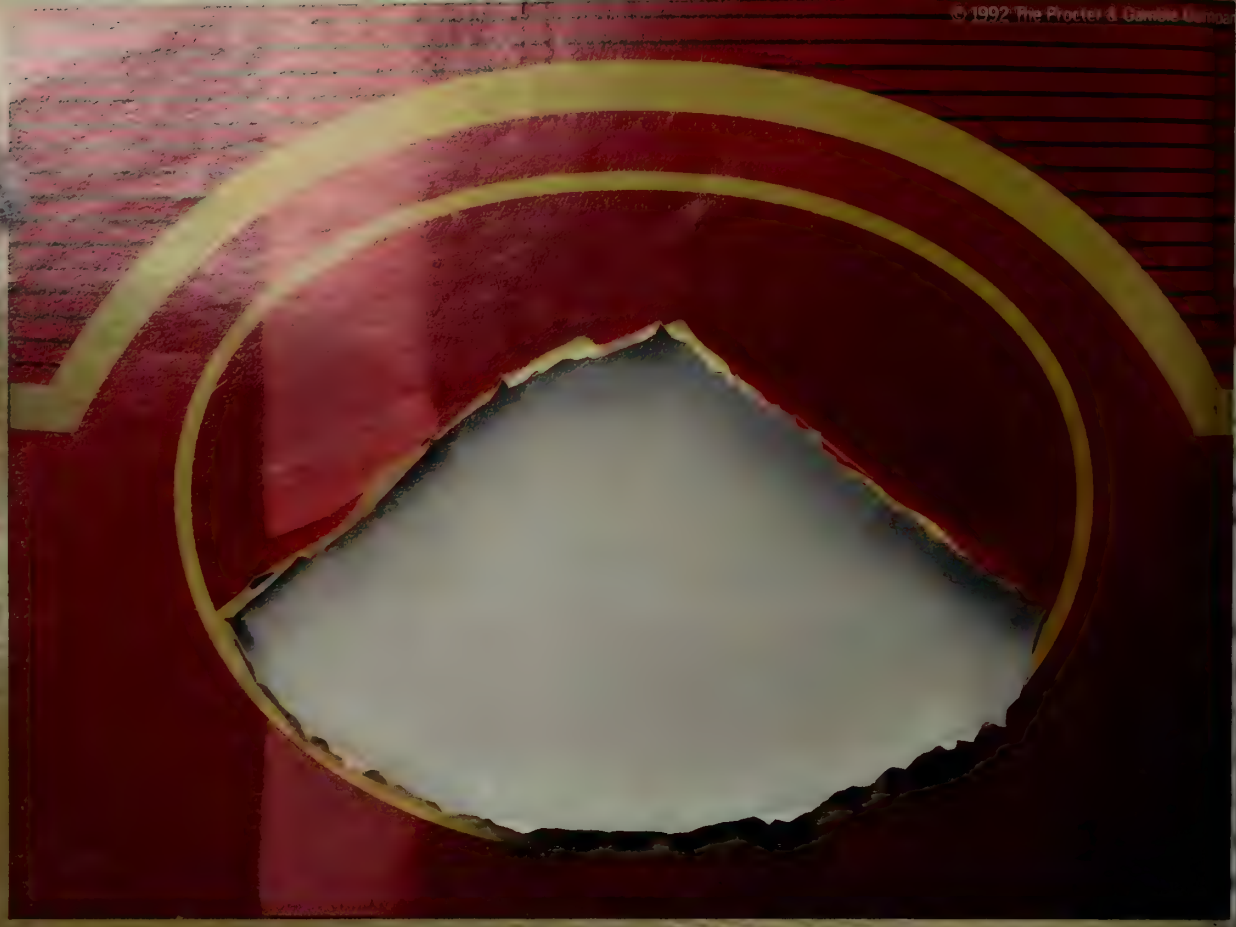
Housing costs continue to creep up in most parts of the country, but smart builders are finding new ways to deliver maximum value per square foot. Whether you're shopping for your first new home or for a trade-up or retirement home, you can still get lots of livability without blowing your budget. You don't have to settle for bare-bones boxes, either; today, good quality goes hand in hand with affordability. The 11 examples on the following pages offer convincing evidence; each took top honors for cost-conscious design in the Best in American Living Awards competition, sponsored by the National Association of Home Builders, *Professional Builder and Remodeler* magazine, and *Better Homes and Gardens*® magazine. (Note: Prices listed were current at the time of photography and may exclude land costs.)





continued on page 75

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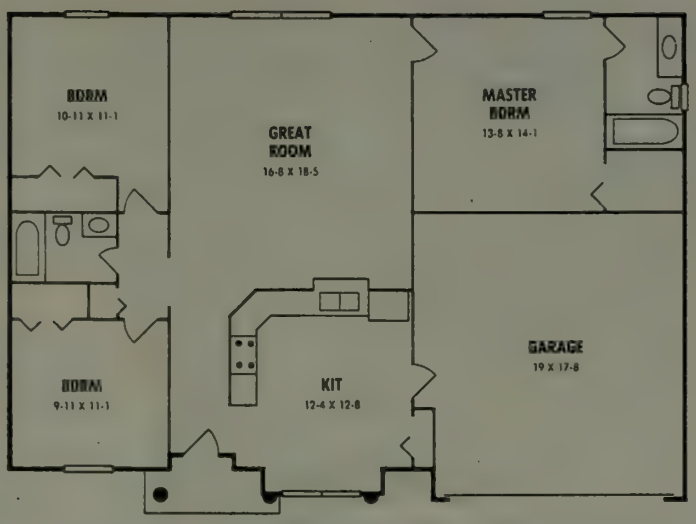


Folgers. Aroma so rich you can taste

High-style ranch

Port St. John, **Florida**
Selling price for this house: **$56,900**
Median price for new housing for first-time buyers in this area: **$62,000**

Classical elegance with a Caribbean accent flavors the styling in this Florida ranch. The look may be high-end but the price is rock-bottom. An almost-square plan yielded hefty savings on materials and labor, affording the builder some strategic splurges: deep overhangs, gracefully arched windows, a columned entry porch, and an eat-in kitchen. There's architectural impact indoors too; cutouts, plant shelves, and vaulted ceilings in the main rooms belie the home's simple boxlike footprint.



Vaulted living areas in the middle of the house buffer bedrooms on each side. The kitchen offers views in two directions via a breakfast bay and a pass-through.

what makes this home a winner

- **Vaulted main rooms**
- **Eat-in kitchen**
- **Cost-cutting plan**
- **High-style front exterior**



Deep overhangs and elegant pillars play up classically proportioned gables out front. Fanlight transoms pump extra light into the foyer, kitchen, and front bedroom.

Photograph: Erin L. O'Boyle, Photographics International, Inc. Architectural design: Doug Burghardt, Mercedes Homes. Builder: Mercedes Homes. Interior design: Jill Hevia, Designs by Mercedes, Inc.

continued on page 76

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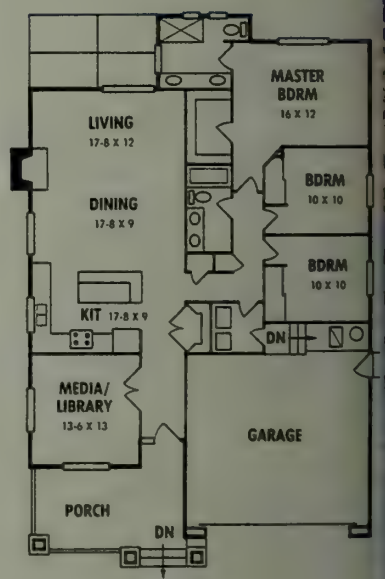
Victorville, **California**
Selling price for this house: **$112,990**
Median price for new move-up housing in this area: **$120,990**



what makes this home a winner

- **Multiple, flexible living areas**
- **Well-zoned active and quiet areas**
- **Authentic Arts and Crafts detailing**

Like that of early bungalows, the floor plan for this home fits easily on a narrow city lot and stretches out lengthwise to gain ample roominess, privacy, and sunlight. Up front is a media/library where the kids can study, watch TV, or listen to the stereo without intruding on grown-up conversation in the kitchen and living room at the rear.



continued on page 80

Photograph: Robb Miller. Architect: Barry Berkus, AIA, Berkus Group Architects. Builder: Ira Norris, Inco Homes. Interior design: Nancy Orman, Nancy Orman Interiors

Prayer to the Great Spirit



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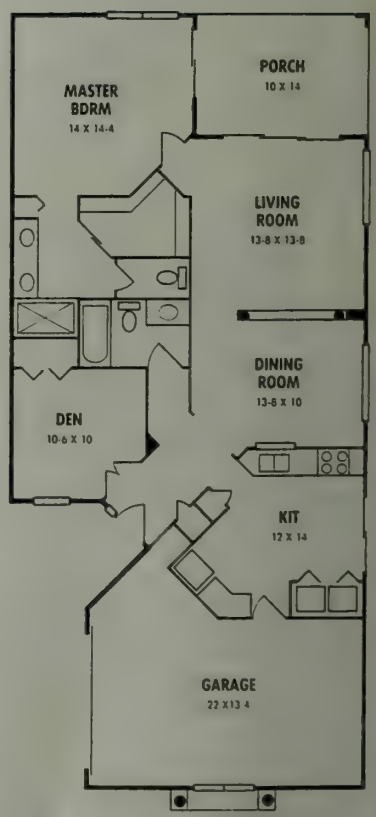
Arched windows and a pillared canopy greet visitors with quiet elegance. Turning the garage 90 degrees yielded a larger front lawn and a more prominent entry alcove.

Long on livability

Lady Lake, **Florida**
Selling price for this house: **$73,000**
Median price for new empty-nester/retirement housing in this area: **$83,500**

How do you offer appealing design *plus* a full package of amenities to budget-minded retirees and empty nesters? This builder met the challenge by grouping long, narrow houses close together. Angled streets, driveways, and entries, and a walled side yard for each unit assure ample privacy and views. The resulting savings in land costs helped pay for value-packed extras: two full baths and a lanai in each unit, a community recreation center, and gated security.

A diagonal center hall and a columned cutout maximize throughviews. The living room opens to a covered porch, and the garage includes a parking stall for golf carts.



Photograph: Harvey Smith Photography. Architect: Roger P. Gritton, AIA. Builder: Gary Morse, The Villages of Orange Blossom Gardens. Interior design: Sharon Morse

what makes this home a winner

- **Two full bathrooms**
- **Convenient indoor/outdoor access**
- **Community recreation facilities**
- **Gated, guarded security**

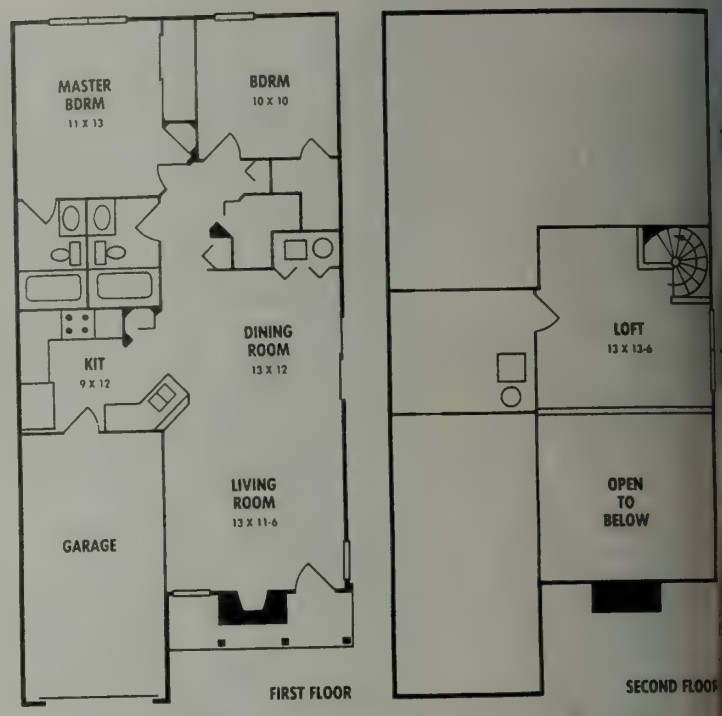
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Site-savvy stretch

St. Louis, **Missouri**
Selling price for this house: **$77,000**
Median price for new housing for first-time buyers in this area: **$90,250**

Building long, narrow houses close together is one way to shave costs. Another is to maximize attic space for vertical stretch. Homes in the Village at Liberty Green employ both strategies—and pass the savings along to the buyer. The builder also offers buyer savings through a sweat-equity option: If you do your own painting and lawn seeding, the builder knocks two points off your mortgage.



The living room, dining room, and kitchen form a spacious L. The dining room opens to a walled garden via sliding doors. Bedrooms and baths cluster at the rear for maximum privacy.

what makes this home a winner

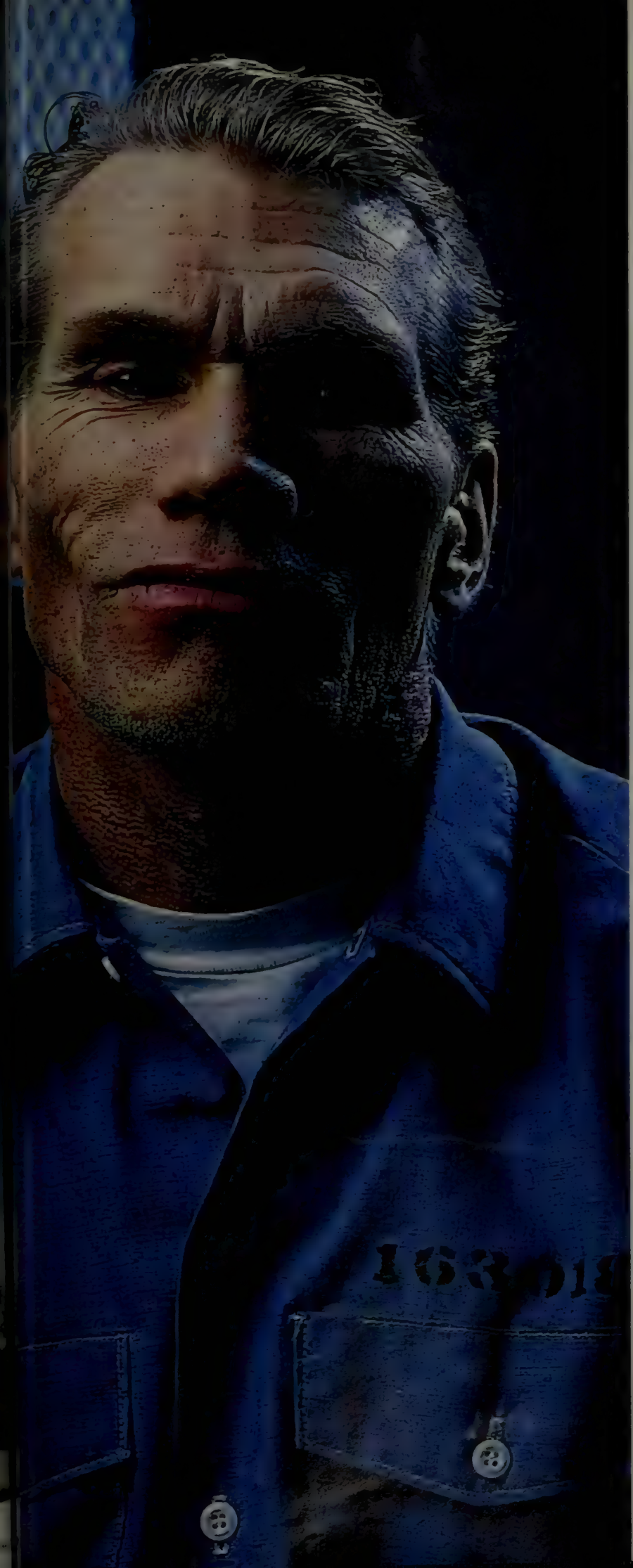
- **Budget-minded site plan**
- **Neighborly street-side styling**
- **Buyer-friendly financing**
- **Bonus living space under the eaves**

Square columns, deep cornices, a wide chimney, and a double-gabled roof add breadth and neighborly charm to this narrow-front bungalow. The low-maintenance exterior includes vinyl siding and aluminum-sheathed fascias and gutters.

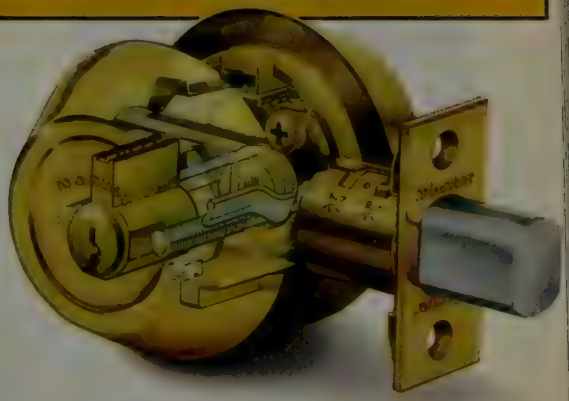


Photograph: Alise O'Brien. Architectural design: Darryl Labruyere, DL. Design Inc. Builder: Rolwes Homes, Inc. Interior design: June Roesslein, June Roesslein Interiors

continued on page 84



In some people, he inspires fear. For us, he inspired this.



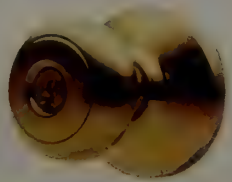
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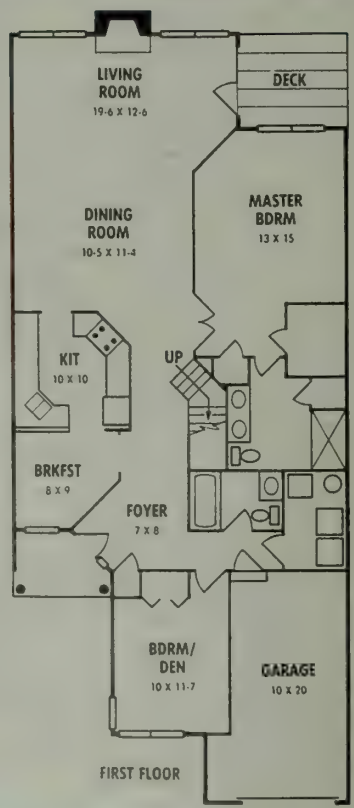


Who says town homes have to be flat faced? A two-story wing, attached garage, and covered entry porch energize the street side of this Pennsylvania town home.

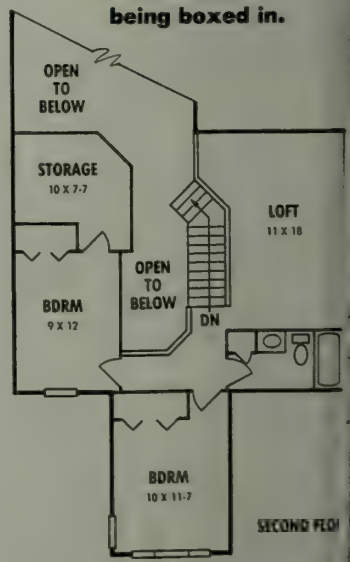
Commodious and carefree

Reading, **Pennsylvania**
Selling price for this house: **$136,900**
Median price for new empty-nester/retirement housing in this area: **$135,900**

Home buyers at the Village of Hawthorne Hill can forget about exterior maintenance chores—and the bills that go with them. Each unit is sided in stucco and cultured stone and fitted with vinyl window sashes, a steel-skin entry door, and aluminum soffits, gutters, and downspouts. Professional services do the lawn work; you just relax on the rear deck and watch them. Each unit shares at least one wall with its neighbor, so utility bills are modest too.



Although other units adjoin two sides, vaulted ceilings and generous-size rooms head off any feeling of being boxed in.



What makes this home winner

- Zero-maintenance exteriors
- Luxurious main-floor master suite
- [illegible] laundry room
- [illegible] and tennis courts

Photograph: Douglas N. Culp Photographer.
Architect: Michael Rosen, Rosen & Associates.
Builder: Peter Carlino Co.
Interior design: Jack Laukaitas

continued on page 86

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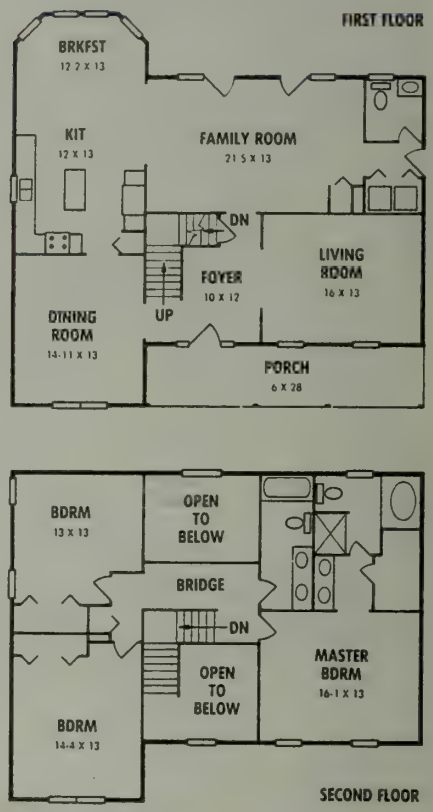
What makes this home a winner

- Extra-large main rooms
- An island kitchen
- Cost-cutting modular construction
- Vintage exterior styling

Main-street modular

Point of Rocks, **Maryland**
Selling price for this house: **$175,000**
Median price for new move-up housing in this area: **$250,000**

Trading up for more room? Try on this Maryland house for size. Main-Street charms on the outside echo family-friendly living space inside: a 21-foot-long family room, an island kitchen, a breakfast nook nearly as big as the formal dining room, three huge bedrooms, and 2½ baths. Nine-foot ceilings boost the spacious feel on the main floor, and a vaulted central hall adds airiness upstairs. Modular construction holds the cost per square foot well below the median for trade-ups in an area of the country (suburban Washington, D.C.) notorious for pricey housing.



No need to worry about traffic jams in this house. Rooms on both floors open to a two-story central hall, and informal areas on the main floor flow together across the back of the house. A bridge buffers the master suite on the upper level.



Arched, small-pane windows, louvered shutters, and a wraparound front porch add 1890s charm to this 1990s modular two-story. Vinyl siding and vinyl-clad sash minimize exterior maintenance.

Photograph: Richard L. Lakin. Architectural design: Todd Himes, North American Housing Corp. Builder: Patrick McCormley, North American Housing Corp. Interior design: Wendy Harris Saylor, Inspirations

continued on page 88

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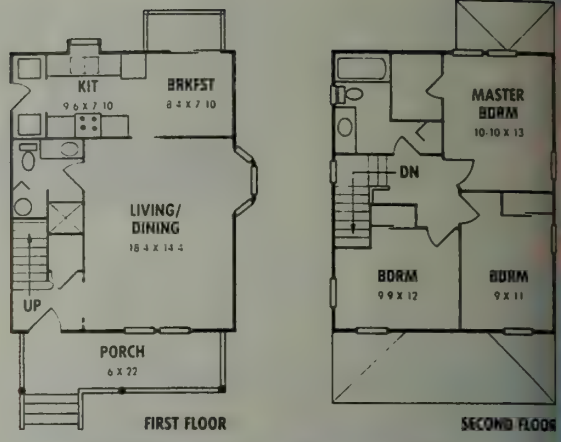
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Simple, solid, and spacious

Portland, **Oregon**
Selling price for this house: **$69,000**
Median price for new housing for first-time buyers in this area: **$144,900**



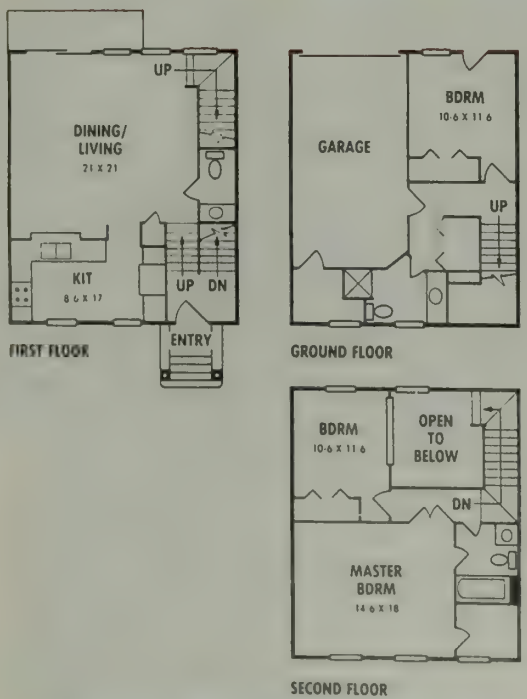
Solid, sensible four-square design makes this inner-city home a great bargain for first-time buyers—and a perfect fit for older, well-established neighborhoods. It was built in Portland by a quasi-public corporation that cut costs by eliminating expensive frills, purchasing materials in large quantities, and offering no-interest second mortgages.



what makes this home a winner

- **Carefully organized floor plan**
- **Turn-of-the-century character**
- **Good materials and construction**

Photograph: Mike Hills. Architect: Jim Andrews, AIA. Builder: Jaki Walker, Northeast Community Development Corp.



City-savvy townhouse

Cincinnati, **Ohio**
Selling price for this house: **$74,900**
Median price for first-time-buyer housing in this area: **$130,000**

Rehabs for the well-heeled urbanite? Look again: These are brand-new row houses with uptown space and style but you don't need a six-figure income to qualify. You get three levels of living space, a grade-level garage, a distinctive brick and stone facade, and a dramatic two-story main room. The city helped shave construction costs by granting tax-exempt financing.



what makes this home a winner

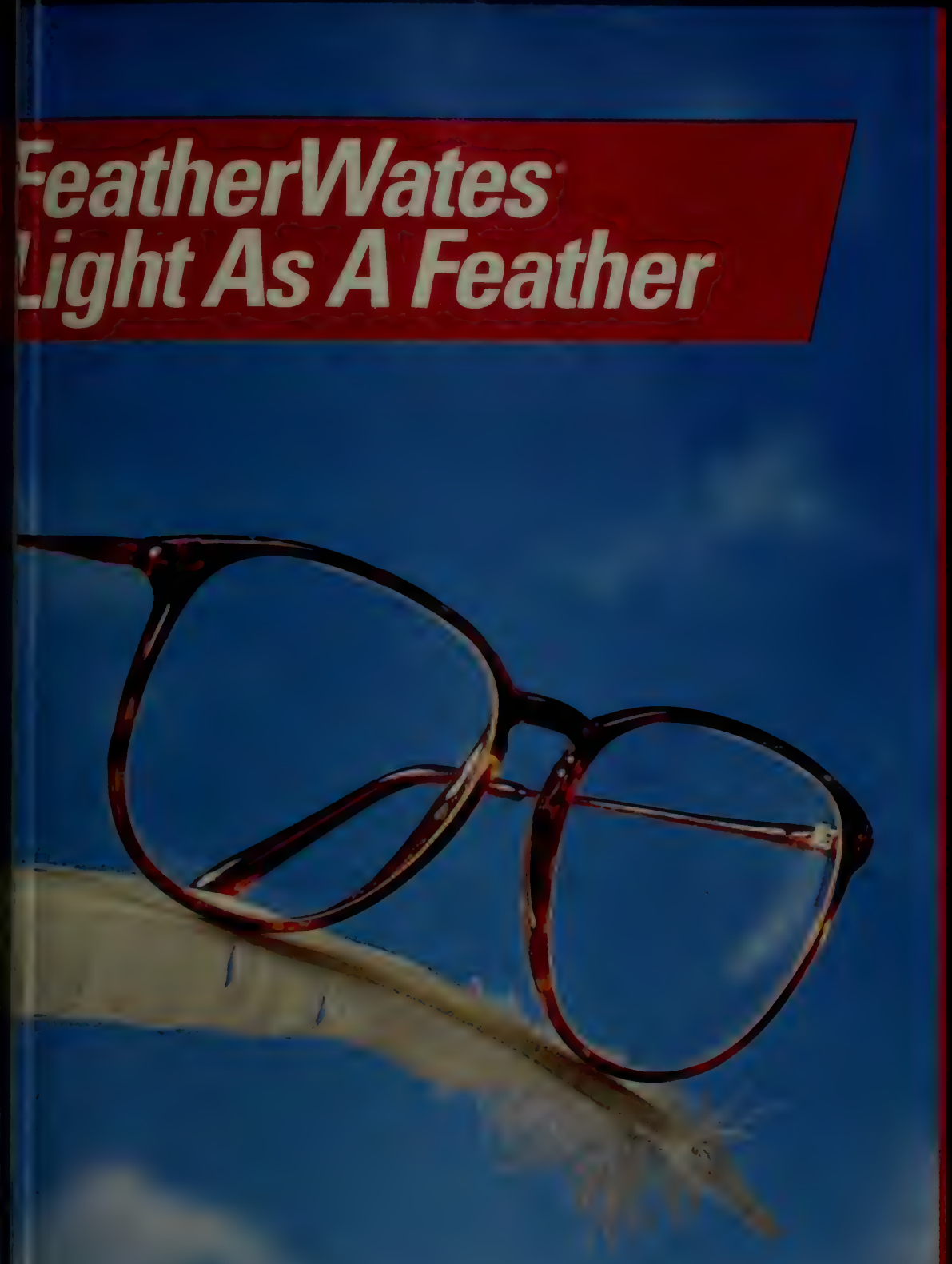
- **High-quality exterior finish materials**
- **Creative public/private financing strategy**
- **Unusually low cost per square foot**
- **Distinctive period styling**

Photograph: Ray Washick. Architect: William T. Spears, The Drees Co. Builder: The Drees Co. Interior design: Betty Bohlinger, Cort Furniture

continued on page 90

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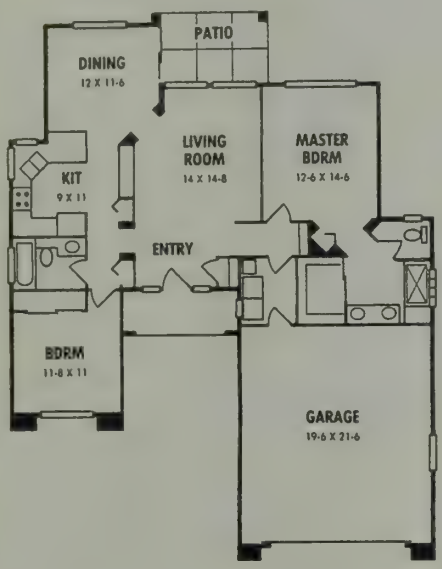
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Style, space, and quality

Sun City West, **Arizona**
Selling price for this house: **$98,000**
Median price for new empty-nester/retirement housing in this area: **$95,000**



The Rio Verde treats visitors to a welcoming sense of shelter and substance. Projecting wings frame the entry; corbeled brackets embellish the garage door and front windows. Inside, clerestories and 10-foot ceilings add grandeur to the main rooms, and deep arches, storage walls, and niches create sculptural interest.



what makes this home a winner

- **Quality-conscious detailing**
- **Separate bedroom/bath suites**
- **Grandly scaled entry and main rooms**
- **Dramatic interior vistas**

Photograph: Mert Carpenter. Architect: Lee Iverson, Iverson-Wilkinson. Builder: Del Webb Corp. Interior design: Sue Firestone, Design One



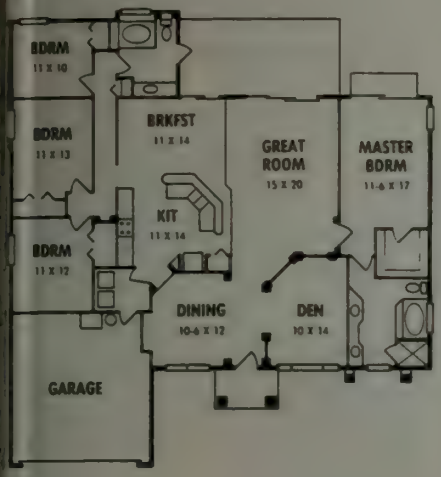
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Accent on elegance

Melbourne, **Florida**
Selling price for this house: **$132,500**
Median price for new move-up housing in this area: **$142,000**





Arched recesses, Palladian-style windows, and stucco columns dress this Florida ranch with an easy elegance reminiscent of tropical resorts. Relaxing outdoors is an integral part of the plan. Sliding doors link the main rooms and the master suite to a covered patio, and a swinging door in the hall bath offers access to a pool.

Photo: Erin L. O'Boyle Photographics International, Inc. Architect: Doug Burghardt, Mercedes Homes, Inc. Builder: Mercedes Homes, Inc. Interior design: Jill Hevia, Designs by Mercedes, Inc.

what makes this home a winner

- **Eye-catching architectural details**
- **Roomy, luxuriously appointed bathrooms**
- **Convenient indoor access to outdoor living areas**
- **Easy access between kitchen and garage**

continued on page 92



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Budget-minded bungalow

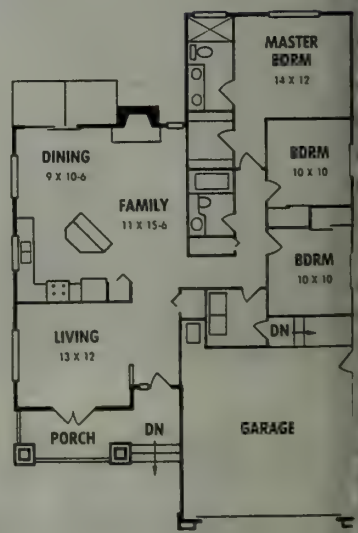
Victorville, **California**
Selling price for this house: **$102,990**
Median price for first-time-buyer housing in this area: **$105,000**



what makes this home a winner

- **Cozy bungalow styling**
- **Island kitchen**
- **Well-zoned active and quiet areas**

Sturdy pillars, stucco siding, and a low-slung roofline give this brand-new bungalow the kind of neighborly character that charmed home buyers in the early 1900s. Must-haves for the 1990s include a family room/kitchen and a spacious master suite that overlook the backyard. French doors merge the living room with the front porch. BH&G



Buying information, page 54

Photograph: Robb Miller. Architect: Barry Berkus, AIA, Berkus Group Architects. Builder: Ira Norris, Inco Homes. Interior design: Nancy Orman, Nancy Orman Interior

on't lose another air without etting the edical facts:

ke 2 minutes to learn about r best chance to regrow hair.

E® Topical Solution (minoxidil 2%) ly product ever proven to regrow isn't it worth your time to find out —even if it gets a little technical?

hair grows:

ws in cycles. There's a growth hen a resting and shedding phase. everyone loses some hair during lding phase. But female diffuse hair drogenetic alopecia), the most n form of hair loss in women, is t. It shortens the hair's growth So hair grows less and rests longer, g in thin hairs that are barely Eventually there is no growth at all.

Rogaine ows hair:

E works in part by prolonging the phase. With more hairs growing nd thicker at the same time, you e improved scalp coverage.

ne can predict how well ROGAINE rk for you. But research suggests that s having a large number of growing t least 3/8 inch or longer) seem to better response.

natologists conducted 8-month tests. Nineteen percent of women OGAINE reported at least moderate growth, compared with 7% of those ed a placebo (a similar solution t minoxidil—the active ingredient AINE).

hysician evaluation, almost two of hree women using ROGAINE had air regrowth: 13% had moderate th and 50% had minimal regrowth. t (37%) had no regrowth. Thirty-nine percent of the women in the placebo group were also evaluated to have regrown hair.

However, when actual numbers of newly regrown hairs in the 1-cm² area of the test were counted after 8 months of treatment, the group on ROGAINE *averaged more than twice as much regrowth (23 more hairs) as the placebo group (11 more hairs).*

Adequate and well-controlled studies have not been conducted in pregnant women treated with ROGAINE; therefore, ROGAINE should not be administered to pregnant or nursing women. Efficacy in postmenopausal women has not been studied.

Side effects were minimal: 7% of those who used ROGAINE had itching of the scalp. ROGAINE should only be applied to a normal, healthy scalp (not sunburned or irritated).

Make a 4 to 6 month commitment to see results:

Studies indicate that *at least 4 months of twice-daily treatment* with ROGAINE are usually necessary before there is evidence of regrowth.

ROGAINE is a treatment, not a cure. So further progress is possible only by using it continuously. Some anecdotal reports indicate that if you stop using ROGAINE, you will probably shed the newly regrown hair within a few months.

Here's what you should do:

Individual results vary widely. So discuss your hair loss with your doctor to understand what you can realistically expect. Only a doctor can prescribe ROGAINE. So see a *dermatologist or another doctor experienced in treating hair loss* today. Why just accept what nature has handed you when you can fight back?

For more information, a list of doctors near you, and a $10 certificate as an incentive to visit your doctor, call this toll-free number: 1-800-285-7588.

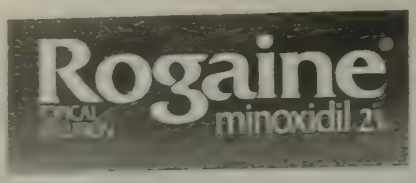
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Fight back with Rogaine®

TOPICAL SOLUTION minoxidil 2%





The only product ever proven to regrow hair.

What is ROGAINE?
ROGAINE Topical Solution is a prescription medicine for use on the scalp that is used to treat a type of hair loss in men and women known as androgenetic alopecia: hair loss of the scalp vertex (top or crown of the head) in men and diffuse hair loss or thinning of the front and top of the scalp in women. ROGAINE is a topical form of minoxidil, for use on the scalp.

How effective is ROGAINE?
In men: Clinical studies with ROGAINE of over 2,300 men with male pattern baldness involving the top (vertex) of the head were conducted by physicians in 27 US medical centers. Based on patient evaluations of regrowth at the end of 4 months, 26% of the patients using ROGAINE had moderate to dense hair regrowth compared with 11% who used a placebo treatment (no active ingredient). No regrowth was reported by 41% of those using ROGAINE and 60% of those using a placebo. By the end of 1 year, 48% of those who continued to use ROGAINE rated their hair growth as moderate or better.

In women: Clinical studies with ROGAINE were conducted by physicians in 11 US medical centers involving 256 women with hair loss. Based on patient evaluations of regrowth after 32 weeks (8 months), 19% of the women using ROGAINE had at least moderate regrowth compared with 7% of those using a placebo. No regrowth was reported by 41% of the group using ROGAINE and 60% of the group using placebo.

How soon can I expect results from using ROGAINE?
Studies show that the response time to ROGAINE may differ greatly from one person to another. Some people using ROGAINE may see results faster than others; others may respond with a slower rate of hair regrowth. You should not expect visible regrowth in less than 4 months.

How long do I need to use ROGAINE?
ROGAINE is a hair-loss treatment, not a cure. If you have new hair growth, you will need to continue using ROGAINE to keep or increase hair regrowth. If you do not begin to show new hair growth with ROGAINE after a reasonable period of time (at least 4 months), your doctor may advise you to discontinue using ROGAINE.

What happens if I stop using ROGAINE? Will I keep the new hair?
Probably not. People have reported that new hair growth was shed after they stopped using ROGAINE.

How much ROGAINE should I use?
You should apply a 1-mL dose of ROGAINE twice a day to your clean dry scalp, once in the morning and once at night before bedtime. Wash your hands after use if your fingers are used to apply ROGAINE. ROGAINE must remain on the scalp for at least 4 hours to ensure penetration into the scalp. Do not wash your hair for at least 4 hours after applying it. If you wash your hair before applying ROGAINE, be sure your scalp and hair are dry when you apply it. *Please refer to the Instructions for Use* in the package.

What if I miss a dose or forget to use ROGAINE?
Do not try to make up for missed applications of ROGAINE. You should restart your twice-daily doses and return to your usual schedule.

What are the most common side effects reported in clinical studies with ROGAINE?
Itching and other skin irritations of the treated scalp area were the most common side effects directly linked to ROGAINE in clinical studies. About 7 of every 100 people who used ROGAINE (7%) had these complaints.

Other side effects, including light-headedness, dizziness, and headaches, were reported both by people using ROGAINE and by those using the placebo solution with no minoxidil. You should ask your doctor to discuss side effects of ROGAINE with you.

People who are extra sensitive or allergic to minoxidil, propylene glycol, or ethanol should not use ROGAINE.

ROGAINE Topical Solution contains alcohol, which could cause burning or irritation of the eyes or sensitive skin areas. If ROGAINE accidentally gets into these areas, rinse the area with large amounts of cool tap water. Contact your doctor if the irritation does not go away. If the spray applicator is used, avoid inhaling the spray.

What are some of the side effects people have reported?
ROGAINE was used by 3,857 patients (347 females) in placebo-controlled clinical trials. Except for dermatologic events (involving the skin), no individual reaction or reactions grouped by body systems appeared to be more common in the minoxidil-treated patients than in placebo-treated patients.

Dermatologic: irritant or allergic contact dermatitis—7.36%; **Respiratory:** bronchitis, upper respiratory infection, sinusitis—7.16%; **Gastrointestinal:** diarrhea, nausea, vomiting—4.33%; **Neurologic:** headache, dizziness, faintness, light-headedness—3.42%; **Musculoskeletal:** fractures, back pain, tendinitis—2.59%; **Cardiovascular:** edema, chest pain, blood pressure increases/decreases, palpitations, pulse rate increases/decreases—1.53%; **Allergic:** nonspecific allergic reactions, hives, allergic rhinitis, facial swelling, and sensitivity—1.27%; **Metabolic-Nutritional:** edema, weight gain—1.24%, **Special Senses:** conjunctivitis, ear infections, vertigo—1.17%; **Genital Tract:** prostatitis, epididymitis, vaginitis, vulvitis, vaginal discharge/itching—0.91%, **Urinary Tract:** urinary tract infections, renal calculi, urethritis—0.93%; **Endocrine:** 0.47%; **Psychiatric:** anxiety, depression, fatigue—0.36%, **Hematologic:** lymphadenopathy, thrombocytopenia—0.31%.

ROGAINE use has been monitored for up to 5 years, and there has been no change in incidence or severity of reported adverse reactions. Additional adverse events have been reported since marketing ROGAINE and include eczema; hypertrichosis (excessive hair growth); local erythema (redness); pruritus (itching); dry skin/scalp flaking; sexual dysfunction; visual disturbances, including decreased visual acuity (clarity); increase in hair loss; and alopecia (hair loss).

What are the possible side effects that could affect the heart and circulation when using ROGAINE?
Serious side effects have not been linked to ROGAINE in clinical studies. However, it is possible that they could occur if more than the recommended dose of ROGAINE was applied, because the active ingredient in ROGAINE is the same as that in minoxidil tablets. These effects appear to be dose related; that is, more effects are seen with higher doses.

Because very small amounts of minoxidil reach the blood when the recommended dose of ROGAINE is applied to the scalp, you should know about certain effects that may occur when the tablet form of minoxidil is used to treat high blood pressure. Minoxidil tablets lower blood pressure by relaxing the arteries, an effect called vasodilation. Vasodilation leads to fluid retention and faster heart rate. The following effects have occurred in some patients taking minoxidil tablets for high blood pressure:

Increased heart rate: some patients have reported that their resting heart rate increased by more than 20 beats per minute.
Salt and water retention: weight gain of more than 5 pounds in a short period of time or swelling of the face, hands, ankles, or stomach area.
Problems breathing: especially when lying down; a result of a buildup of body fluids or fluid around the heart.
Worsening or new attack of angina pectoris: brief, sudden chest pain.

When you apply ROGAINE to normal skin, very little minoxidil is absorbed. You probably will not have the possible effects caused by minoxidil tablets when you use ROGAINE. If, however, you experience any of the possible side effects listed above, stop using ROGAINE and consult your doctor. Any such effects would be most likely if ROGAINE was used on damaged or inflamed skin or in greater than recommended amounts.

In animal studies, minoxidil, in much larger amounts than would be absorbed from topical use (on skin) in people, has caused important heart-structure damage. This kind of damage has not been seen in humans given minoxidil tablets for high blood pressure at effective doses.

What factors may increase the risk of serious side effects with ROGAINE?
People with a known or suspected heart condition or a tendency for heart failure would be at particular risk if increased heart rate or fluid retention were to occur. People with these kinds of heart problems should discuss the possible risks of treatment with their doctor if they choose to use ROGAINE.

ROGAINE should be used only on the balding scalp. Using ROGAINE on other parts of the body may increase minoxidil absorption, which may increase the chances of having side effects. You should not use ROGAINE if your scalp is irritated or sunburned, and you should not use it if you are using other skin treatments on your scalp.

Can people with high blood pressure use ROGAINE?
Most people with high blood pressure, including those taking high blood pressure medicine, can use ROGAINE but should be monitored closely by their doctor. Patients taking a blood pressure medicine called guanethidine should not use ROGAINE.

Should any precautions be followed?
People who use ROGAINE should see their doctor 1 month after starting ROGAINE and at least every 6 months thereafter. Stop using ROGAINE if any of the following occur: salt and water retention, problems breathing, faster heart rate, or chest pains.

Do not use ROGAINE if you are using other drugs applied to the scalp such as corticosteroids, retinoids, petrolatum, or agents that might increase absorption through the skin. ROGAINE is for use on the scalp only. Each 1 mL of solution contains 20 mg minoxidil, and accidental ingestion could cause unwanted effects.

Are there special precautions for women?
Pregnant women and nursing mothers should not use ROGAINE. Also, its effects on women during labor and delivery are not known. Efficacy in postmenopausal women has not been studied. Studies show the use of ROGAINE will not affect menstrual cycle length, amount of flow, or duration of the menstrual period. Discontinue using ROGAINE and consult your doctor as soon as possible if your menstrual period does not occur at the expected time.

Can ROGAINE be used by children?
No, the safety and effectiveness of ROGAINE has not been tested in people under age 18.
Caution: Federal law prohibits dispensing without a prescription. You must see a doctor to receive a prescription.

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CB-3-S

continued from page 55

KITCHENS PLUS

Pages 112–113: Architects—Castanes/Gibson Architects, 1932 First Ave., Ste. 928, Seattle, WA 98101. **Contractor**—Holme Builders, 3215 S. Dose Terrace, Seattle, WA 98144.

Pages 114–115: Kitchen designer—Rick Sambo, Kitchen Consultants, P.O. Box 1874, Novato, CA 94947.

Pages 116–117: Kitchen designer—Rick Sambo, Kitchen Consultants, P.O. Box 1874, Novato, CA 94947. **Interior designer**—Julie Wright, Wright Design, 45 San Clemente, Corte Madera, CA 94925. **Contractor**—Bruce Q. MacDougall, 6181 San Miquel Ct., Rohnert Park, CA 94928.

AMERICA'S BEST NEW HOME VALUES
New Trends, New Styles, New Ideas

Page 75: Architect—Doug Burghardt, Mercedes Homes, Inc., 1600 W. Eau Gallie Blvd., Ste. 201, Melbourne, FL 32935. **Builder**—Mercedes Homes, Inc., 1600 W. Eau Gallie Blvd., Ste. 201, Melbourne, FL 32935. **Interior design**—Jill Hevia, Designs by Mercedes, Inc., Mercedes Homes, Inc., 1600 W. Eau Gallie Blvd., Ste. 201, Melbourne, FL 32935.

Page 76: Architect—Barry Berkus, AIA, Berkus Group Architects, 223 E. De La Guerra, Santa Barbara, CA 93101. **Builder**—Ira Norris, Inco Homes, 1282 W. Arrow Hwy., Upland, CA 91785. **Interior design**—Nancy Orman, Nancy Orman Interiors, 17555 Weddington St., Encino, CA 91316.

Page 80: Architect—Roger P. Gritton, AIA, Fir Homes By Design, 3415 W. Leona, Tampa, FL 3362 **Builder**—Gary Morse, The Villages of Orange Blossom Gardens, 1200 Avenida Central, Lady Lake, F 32159. **Interior Design**—Sharon Morse, The Villag of Orange Blossom Gardens, 1200 Avenida Centra Lady Lake, FL 32159.

Page 82: Architectural design—Darryl Labruyere, Design Inc., 710 S. Kirkwood, St. Louis, MO 6312 **Builder**—Lawrence E. Rolwes, Rolwes Homes, In P.O. Box 1128, Florissant, MO 63031. **Interior d sign**—June Roesslein, June Roesslein Interiors, 4 Sovereign Ct., Manchester, MO 63011.

Page 84: Architect—Michael Rosen, Rosen & Asso 445 Fairmount Ave., Philadelphia, PA 19123. Buil er—Peter M. Carlino, Peter M. Carlino Co., 825 Be shire Blvd., Ste. 203, Wyomissing, PA 19610. Interi design—Jack Laukaitas, 1625 Sycamore Ave., La caster, PA 17601.

Page 86: Architect—Todd Himes, North Americ Housing Corp., P.O. Box 145, Point of Rocks, M 21777. **Builder**—Patrick McCormley, North Americ Housing Corp., P.O. Box 145, Point of Rocks, M 21777. **Interior design**—Wendy Harris Saylor, Inspi tions, Ste. 102, 12 S. Market St., Frederick, MD 2170

Page 88 (*top*): Architect—Jim Andrews, AIA, Andre Architects, 205 SE. Grand, Ste. 207, Portland, O 97214. **Builder**—Northeast Community Developme Corp., 4114 N. Vancouver Ave., Portland, OR 972 **(*Bottom*): Architect**—William T. Spears, Director Architecture, The Drees Co., 211 Grandview Dr., Mitchell, KY 41017. **Builder**—The Drees Co., 2 Grandview Dr., Ft. Mitchell, KY 41017. **Interior d sign**—Betty Bohlinger, Cort Furniture, West Ches OH 45069.

Page 90: Architect—Lee Iverson, Iverson-Wilkins 18002 Sky Park Circle, Irvine, CA 92714. **Builde** Richard L. Vandermeer, Del Webb Corp., 130 Meeker Blvd., Sun City West, AZ 85375. **Interior** sign—Sue Firestone, Design One, 2049 Century Pa E, Ste. 3000, Los Angeles, CA 90067.

Page 91: Architect—Doug Burghardt, Merce Homes, Inc., 1600 W. Eau Gallie Blvd., Ste. 201, M bourne, FL 32935. **Builder**—Mercedes Homes, (address above). **Interior design**—Jill Hevia, Desi by Mercedes, Inc., 1600 W. Eau Gallie Blvd., Ste. 2 Melbourne, FL 32935.

Page 92: Architect—Barry Berkus, AIA, Berkus Gr Architects, 223 E. De La Guerra, Santa Barbara, 93101. **Builder**—Ira Norris, Inco Homes, 1282 W. row Hwy., Upland, CA 91785. **Interior design**—Na Orman, Nancy orman Interiors, 17555 Weddington Encino, CA 91316.

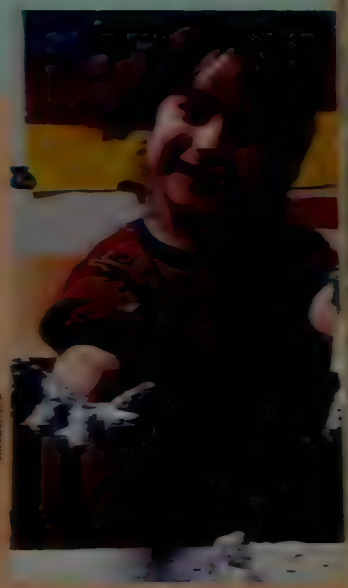
SPECIAL ADVERTISING SECTION

Writing, Reading and CREATIVITY

CHRYSLER LEARNING CONNECTION

ASCD
Association for Supervision and Curriculum Development

aft



KEEPING YOUR CHILD'S CREATIVITY ALIVE

Who turned Judith Viorst's book **...xander and the Terrible, Horrible, No ...d, Very Bad Day** into **Alexander and ... Marvelous, Magnificent, Hunkydory, ...ne Day?**

Third-graders at Nall Hills Elementary ...ool in Overland Park, Kansas, that's who. ...y did it when their teacher, Raena Borth, ...llenged them to turn Alexander's ...strous day into the best he ever had.

Turning Alexander's catastrophes into ... wasn't easy. But it was fun. And if that ...n't payoff enough, with help from parents, ...ir's students saw their versions of Viorst's popular story typed up, illustrated and bound. "Publishing is a real plus when it comes to encouraging kids' creativity," Borth says. "The kids think a little more about what they're doing, giving creativity time to surface. And seeing and sharing their work in print just fuels more writing."

Across the nation, teachers—sometimes teamed with parents—are using their imaginations to promote creative thinking. And that's good news, says Teresa Amabile, a psychology professor at Brandeis University and the author of **Growing Up Creative: Nurturing a Lifetime of Creativity.**

"Encouraging creative thinking in children prepares them for lifelong problem solving," she says. "And people are more likely to do creative work as adults if they develop the skill and the motivation for creativity as children."

Fueling this new emphasis on creativity in the classroom is the realization that innovative thinking isn't something only artists do. "Creativity is essential for all of human progress," Amabile says. "It's not all you need, but it's an absolutely essential

Continued on page A10

Protect Your Child from the 5 CREATIVITY BLOCKERS

Forces are at work everywhere, seeking to bottle up our children's creativity. Here's some preventative medicine, courtesy of Teresa Amabile, a psychology professor at Brandeis University and the author of **Growing Up Creative: Nurturing a Lifetime of Creativity** (Creative Education Foundation, 1992).

Q: What can we do to make sure we don't discourage our children's creativity?

A: Minimize the effect of what I call the "creativity blockers." Wherever these factors are strong—in classrooms, offices or homes—creativity suffers.

Q: Can you describe them?

A: The first is **evaluation.** Kids who are overly focused on how their work is going to be evaluated tend to be less creative. The second culprit, related to evaluation, is **surveillance.** People are less creative if they

Continued on page A2

WIN $1,000 FOR YOUR LOCAL SCHOOL LIBRARY



Visit your local Chrysler-Plymouth, Dodge or Jeep-Eagle dealer and you'll qualify for a free video—*Learn at Every Turn.* And that's not all. Any grammar school you designate has a chance at winning $1,000. See page A11 for details.

Dear Parent:

In the global marketplace, innovation is the key to success. Companies that fail to come up with new ideas and better ways of doing things end up followers. And so do nations.

How can we keep fresh ideas flowing into America's economy? One sure-fire way, at home and at school, is to make more time for reading and writing—activities that excite the imagination.

As a parent, your enthusiasm is critical. "The more you and your child's school do to encourage a love and excitement for learning," explains Beth Hennessey, an expert on creativity, "the more you will help your child reach his or her creative potential."

That premise inspires this special section, the third and final one in our series on school-home ties. Other parts of our program, the *Chrysler Learning Connection,* include a free video and booklet for parents, a teaching kit for elementary school classrooms and grants to school libraries.

Two splendid educational organizations helped us prepare this package. One is the American Federation of Teachers (AFT). The other is the Association for Supervision and Curriculum Development (ASCD). Together, we hope to focus your attention on the basics: helping our children use the written word as a springboard to creative, fulfilling lives.

Robert J. Eaton
Chairman,
Chief Executive Officer
Chrysler Corporation

5 CREATIVITY BLOCKERS

continued from page A1

feel they're being watched all the time. Third is **reward.** People are most creative when they're doing something for an internal reward—the challenge or sheer fun of it

Q: External rewards like money or applause dampen creativity?

A: Absolutely. Doing any task is like trying to get through a maze. One way to get through is to take the path you've always taken. The other is to take some risks and explore—be creative. But if you're worrying about a reward or an evaluation, you're going to avoid risks and take the most straightforward path.

Q: What about competition?

A: Competition is the fourth creativity blocker. Children and adults tend to be less creative if they find themselves in win-lose situations. The final culprit is restricted choice. People given little freedom to decide how to do something will be less creative

Q: This all sounds the way many schools are run.

A: Exactly. It's also the traditional approa to business management. That's why it's impossible to wipe out these creativity blockers. Still, you can reduce their effec If you think your children are doing thing in school in a very stifled, uncreative way encourage them to take more risks outsi of school. Also, try to foster an atmosphe in which your children can discover thei passion. Children are most likely to be creative in areas that excite them.

CHRYSLER LEARNING CONNECTION

Teach the MAGIC OF WRITING TO YOUR CHILD



Is your child interested in spaceships? s? Sports? Whether the interest is a er or an obsession, it provides an rtunity for stimulating creativity and for ing your child learn to write.

So says Lucy McCormick Calkins, or of **Lessons from a Child** nemann, 1983) and **The Art of Teach-Writing** (Heinemann, 1986). "Take kids' rests seriously," she says. "Realize that ession is the mark of a creative thinker." kins suggests four ways to foster a ion for writing in your home:

✶ **Carve Out Space for Dramatic** . All kids need a place to play, a corner can take over and turn into whatever want—a bank, a post office, a library, a eum. Here, too, is where you can urage your child's earliest writing. If your child has created a museum to showcase backyard treasures, for example, offer tagboard so that he can label displays. Make paper, marker and small squares of cardboard available so he can design brochures and visitors' tickets.

✶ **Publish Books.** Kids love to make things, including books on sports scores, backyard bugs or family. Encourage your child's interests along these lines by supplying him with inexpensive bookmaking materials, from paper to press-on letters.

✶ **Read to Write.** If you want to encourage your child's writing, read to her. Deepen her reading experiences with books that relate to each other. As children pick up on patterns and language, they'll be inspired to create stories of their own.

✶ **Note It.** Encourage your child to keep a writing notebook—a place to gather the precious particles of life that may later become significant pieces of writing. Writing notebooks are places to record incidents and moments, to gather pieces of conversations, interesting clips from newspapers and meaningful scraps. Every now and then, review these jottings with your child. Discuss which ones might be shaped into stories and poems.

PARENTS Speak Out

Parents of elementary school students think that reading, math and computer savvy will be far more important to their children's success than writing. Teachers, on the other hand, call writing more important than either math or a knowledge of computers.

This disagreement was uncovered by the **AFT-Chrysler Report on Kids, Parents and Reading,** a nationwide study conducted by Peter D. Hart Research Associates. Backing writing skills, a Louisville teacher said: "If you can't express yourself in writing, you're probably not thinking very clearly. It's a way to order thoughts." Added a teacher from Spring Valley, New York: "Students don't really have a lot of writing experiences at home. I think there should be more."

To help parents emphasize reading and writing at home, Chrysler Corporation is offering a free video and booklet designed to encourage family learning activities. Both describe dozens of ways you can help your child develop a facility—and love—for language. See page A11 for details.

Introducing an American car that breaks the rules by giving you more for less. The roomy new Acclaim is priced $1,700 less than the Honda Accord, yet it offers over 50 standard features—including a driver's-side air bag, power steering, child protection door locks and dual remote mirrors. The new Acclaim is also available with six-passenger seating, ABS brakes and a powerful V-6 engine. All combined with a stylish new grille and standard tinted glass. The result is a beautifully designed car for the road and for your pocket book. So visit your Chrysler/Plymouth dealer today. Or call 1-800-4ACHRYSLER for purchasing or leasing information. After all, what rule says you can't get more for less?*



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iable. Comfortable. Yet affordable.
rds, an exception to the rule.

TEACHING NEW TASKS

Timely Tips

Teaching your child something new while leaving room for creativity is tricky, but it can be done. Here are some tips from Doris Shallcross, Ph.D., author of **Teaching Creative Behavior** (Bearly Ltd., 1985).

• **Don't** be a sage on the stage. Provide support and materials. Then get out of the way!

• **Do** tell children it's OK to make mistakes—and mean it.

• **Do** let your child try to find his own answers. Offer a learning structure that provides freedom for your child to express opinions.

• **Don't** criticize your child. Instead, you might say, "Let's work with this idea and expand it." You'll help your child discover for herself which parts of an idea need rethink

• **Do** ask questions that prob beyond facts. Questions that begin with "What do you think about . . ." "What might happen if . . ." bring creativity to learning and allow you bit of insight into your child's creat thought process.

RAISING CHILDREN TO BE

"CREATIVE QUOTES"

"I have no special gift. I am only passionately curious."*

—Albert Einstein, physicist

*Albert Einstein licensed by The Roger Richman Agency, Inc., Beverly Hills, CA.

"The essence of invention isn't process but purpose. . . . Invention often occurs not because a person tries to be original, but because the person attempts to do something difficult."

—D.N. Perkins, psychologist

"Every child is an artist. The problem is how to remain an artist once he grows up."

—Pablo Picasso, artist

"I was always encouraged by my parents, my grandmother and my teachers to be creative. I can't remember when I first began to tell stories—by drawing, it was then—but I must have been very young. It was an instinct I followed quite naturally."

—Joyce Carol Oates, novelist

"If a child is to keep alive his inborn sense of wonder without any such gift from the fairies, he needs the companionship of at least one adult who can share it. . . . "*

—Rachel Carson,

*from The Sense of Wonder
Copyright © 1956 by Rachel
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Creative Ways Kids Us Language

When you're aware of the ways your child uses language, you can support his efforts to express himself creatively. Here are some stages to watch for.

• **Ages 2-3:** Rather than just repeating songs they've heard, children invent melodies for familiar lyrics or put nonsense words to familiar tunes.

• **Ages 4-5:** Children experiment with word sounds and meanings, often while talking to themselves.

• **Ages 6-7:** These children love to make up and act out plays, including songs and dialogues.

• **Ages 8-9:** By this time, children often can sustain a coherent story lin with invented characters a situations.

• **Ages 10-11:** Children this age often create secret words or languages with siblings or small groups of friends.

• **Ages 12-13:** In th written language, children now are able to express ideas using similes and metaphors in prose and poetry.

Adapted from **Growi Up Creative: Nurturing Lifetime of Creativity,** b Teresa Amabile, Ph.D. (Creative Education Foundation, 1992).

CHRYSLER LEARNING CONNECTION

11 STORIES THAT SPUR CREATIVITY

What books are best exercise for your child's imagination? Here's a list from Valerie Lewis, a San Jose, California, bookseller and children's book consultant to CBS This Morning.

Grades K-2: Cleversticks, by Bernard Ashley (Crown, 1991). An Asian boy adjusting to school discovers that paintbrushes make creative chopsticks.

y Morning, by Patricia Demuth (Dutton, 1991). A farm's rooster won't crow. Can your **ne**ip get the barnyard back on track? **Voyage to the Bunny Planet,** by Rosemary (Dial/Penguin USA, 1992). Join characters in three separate stories as they visit Janet **unny** Queen to find solutions to their problems.

Grades 2-4: The King's Equal, by Katherine Patterson (Harper Collins, 1992), will



CREATIVE

r child to create new takes on old tales. **Sweet Clara and the Freedom Quilt,** by Deborah . illus. by James Ransome (Knopf, 1993). A young slave stitches a map to freedom into a quilt. **Has Something to Say,** by David Small (Crown/Random House, 1992). Ruby Mae wants to message of universal peace to the United Nations, and a silly hat helps her do just that. **es 4 and up: Through the Mickle Woods,** by Valiska Gregory (Little Brown, 1992). A help a king and a boy appreciate their world. **Antics,** by Cathi Hepworth (Putnam, 1992). *Ant* 26 alphabet-inspired words, from *antique* to *antzzz*. **Shoebag,** by Mary James (Scholastic, ckroach is alarmed to discover he has turned into—a boy! **The Dark-Thirty,** by Patricia . Illus. by Brian Pinkney (Knopf, 1992). A collection of ghost stories with African-American **anine Magee,** by Jerry Spinelli (Little Brown, 1990). A homeless boy learns firsthand about race relations.

URN ANY BOOK INTO A REATIVITY BOOSTER

a young child ith books and begins that's where creativity s Nell Skidmore, a specialist in Hunts- na. "The child hearing ins to create a TV mind."

all those mental TV ing with these parent- niques for reading

ad a storybook using ices to help make each character distinct. Give Papa Bear a booming voice and Baby Bear a tiny one.

2. Sing a book through to the end by making up a melody as you go along. Then watch your children imitate this technique in their own play!

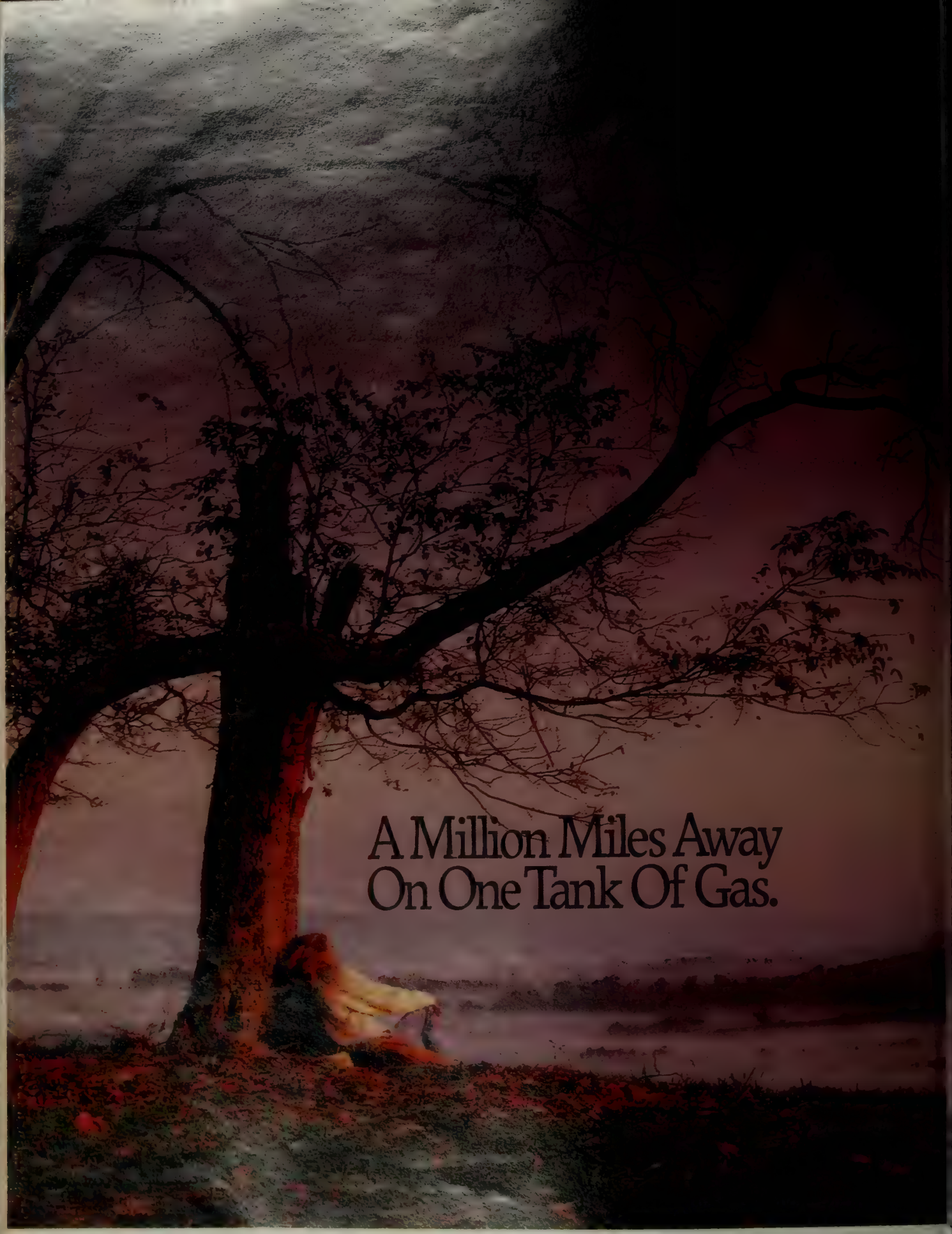
3. Substitute silly words for the real text. Send Jack and Jill up the hill to fetch a pail of peanut butter. When your child protests, read the passage again with yet another silly substitution. Young children love listening for the "mistakes." Often they'll offer to read their own to you.

4. Let story characters do the storytelling. Some kids' books now come with puppets. You can create your own by attaching simple illustrations of story characters to sticks or straws. Use the puppets to tell the story. Then let the characters talk with your child about the story's plot or even about your child's day and how he's feeling.

WANTED: PARENTS OF INVENTION

To foster a climate in which creativity can blossom in your home, follow these suggestions from Dorothy Rich, Ph.D., founder and president of the Home and School Institute in Washington, D.C., and author of **MegaSkills®** (Houghton Mifflin, 1992).

- Provide children with a home that is as safe as it can be. Then let them experiment!
- Make sure your household schedule allows time for children to think, dream, contemplate and invent.
- Offer a large repertoire of home activities, including some that challenge children to stretch their minds.
- Help your child connect with adults who value achievement and encourage them to do their best.
- Demonstrate a love of learning and a respect for achievement—two important keys to creativity.



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THE STOCKMARKET

Continued from page A1

ingredient. The only way society progresses is by people coming up with new and better ways to do things."

Reading and writing are at the center of some of today's most intriguing in-school efforts to promote creativity. The following ideas suggest why. Use them to excite your child's imagination at home!

1. Help your child grow as a story-teller—a role that develops creativity and, new research shows, deepens moral understanding. Take a book your child begs you to reread and have her tell it to you for a change. Carol Satz, a member of the National Story League, practices a form of this technique with fourth- and fifth-graders at G.E. Wilson Elementary School in Hamilton Township, New Jersey. She runs a storytelling group in which books provide the spark for creative expression.

Satz's students pore over the books they choose but use their own words and gestures in the retellings. No costumes, props or sets are allowed. "They've got to create pictures in the listeners' minds with words," Satz explains.

2. Ever try writing a play with your child? Team playwriting can be a joy—something kids in Pittsburgh, Pennsylvania, know from taking part in a public school program called Arts PROPEL. Arts PROPEL activities are designed to stimulate children to think the way artists do as they paint, sculpt and write.

Here's how team playwriting works. A pair of kids are assigned a setting, two characters and an opening line. The budding playwrights then create a script for their characters, passing a sheet of paper back and forth. To script plays with your child, y might begin with a dialogue between t her favorite cartoon characters.

3. Jump-start your child's imagi the way professional writers do when t work with kids in New York City scho Provide him with story-starters—situa that make his fancy soar.

Story-starters are one of many st ideas that a group called Teachers & W Collaborative (T&W) has brought to P York City classrooms. T&W "lends" a poets and fiction writers to schools, w they help kids shape poems and stori



SUPERSTOCK

KEEPING YOU CREATIVIT

COACHING for Creativity

What's important for ... at school besides ... for creativity," says Beth ... psychology at ... Wellesley, Massachusetts ... This first-grade ... School in ... ems to ...

One tack: assigning homew that promotes creative think and is adapted from a series called **Brain Boosters** (Good Apple, Carthage, IL, 1992).

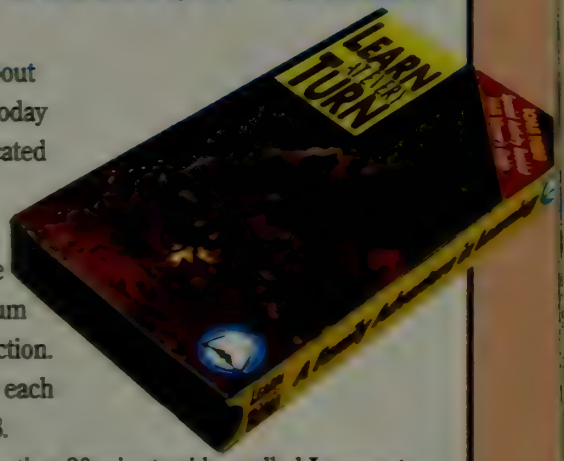
Here's a sample activity to try with yo child: Draw a picture of something to make dough, chocolate chips, a baking sheet and oven. Then have your kitchen Tom Edison write step-by-step directions for making it.

nts and emotions of their young lives. To
ds' creativity perking, the visitors often
inventive openers. One you might try:
we reached the mountaintop, we found a
nging from the sky. . . ."
Teach your child about creative
-making by inviting her to give a new
a fairy tale or nursery rhyme. At Liberty
School in Madison County, Alabama,
graders regularly stand classic stories on
ads this way. The goal: teaching them to
tistic problems.
er the years, Rosie Dumoulin's students
ty have rewritten and illustrated the
res of folk heroes and villains from
cks to Rapunzel. "Life is problem
" says Dumoulin, who hopes her projects
e students to view the world from many
"Children need to be able to solve
ns in order to succeed in life."

HILD'S
LIVE

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Finally, it's why we created an innovative, 30-minute video called **Learn at Every Turn** and a 24-page companion booklet, **Recipes for Reading Success.** Both show you how you can build reading fun into every family activity.

To help your children experience the joys of reading, take advantage of these two exciting opportunities:

1. 2.

1. Enter your favorite grammar school in the Chrysler Library Awards Sweepstakes. Use the card attached to this special section to help your local school library win $1,000.

2. Send for a FREE video and booklet. While supplies last, Chrysler is offering every family a free copy of the video *Learn at Every Turn* and the booklet *Recipes for Reading Success.* Fill out and mail the attached postage-paid postcard to get your *free* video and booklet.

epstakes rules

O PURCHASE OR TEST DRIVE
RY.
o enter, fill out the Sweepstakes Entry
a regular postcard, print your name
s and the name and address of a local
ic or parochial school teaching any of
1 through 8. Mail the Entry Card to
r Learning Connection, P.O. Box
, IA 52732-9205. Mail postcard
e Chrysler Learning Connection, P.O.
Clinton, IA 52736.
ll entries must be postmarked no later
n 1, 1993. No responsibility is assumed
for late, lost or misdirected entries. One entry per family. (All U.S. schools that serve students in any grade from 1 through 8 will be automatically entered one time.)

4. The 50 winning schools will be selected in a random drawing from all eligible entries received, under the supervision of Meredith Corporation, whose decisions are final, on or about September 15, 1993.

5. PRIZES: Chrysler Corporation will award $1,000 to each of these 50 schools. These schools will be notified on or about September 15, 1993. Each award will be granted in the name or names of the individual(s) who made the winning nomination and must be used for the purchase of library books. Only one award per school. Odds of winning depend on the number of entries received. Applicable taxes are the sole responsibility of the winner. No transfers or substitutions of prizes.

6. All entries become the property of Chrysler Corporation. Principals of the winning schools will be required to sign an affidavit of eligibility and advertising release, which must be returned within 10 days of receipt of notification, or an alternate winner may be chosen.

7. The schools nominated for the award must operate in the United States. Nominators must be 21 years of age or older. Employees of Chrysler Corporation and Meredith Corporation and the families of each, their affiliated companies, advertising and public relations agencies or judging agency are not eligible to enter. Void where prohibited or restricted by law or taxed. Federal, state and local laws apply.

8. For a list of all 50 award recipients, send a stamped, self-addressed envelope to Chrysler Library Awards Recipients List, P.O. Box 8195, Clinton, IA 52736.

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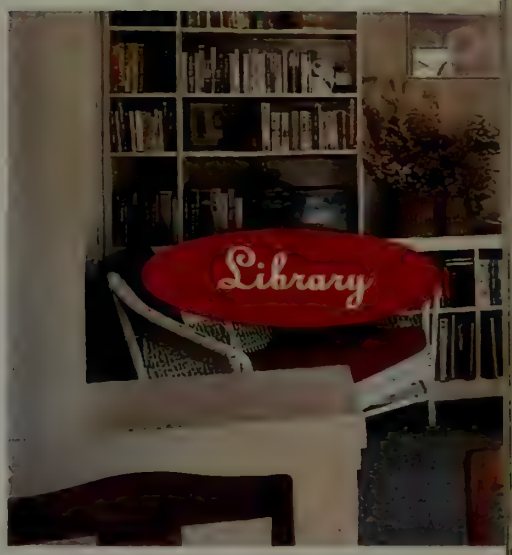
FRIGIDAIRE

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Kitchens *plus*

Mom always said not to rush your meals. In today's hectic world we all need a place to relax and unwind, and there's no better place than someplace with food. Here are three kitchens that embrace much more than the eat-and-run mentality—kitchens that offer room to live a little: where you can read a book, work on the computer, or enjoy a Sunday ball game. Take a look and see if you don't agree: It's time to tear down the walls between the kitchen and the rest of your life.

By Tom Jackson







Library

What better way to end a meal than to repair to the library for good conversation and the company of the classics? This kitchen and library combination also serves as a kids' playroom complete with toy storage under the window seat. Double French doors in the kitchen line up with a row of tall casement windows in the library. Both bring in loads of sunshine and views of a lush, landscaped garden and deck.

The remodeling removed a wall that divided the library from the kitchen, expanding the vistas and spreading light throughout the rooms. An archway and two faux keystones—fabricated from lumber and drywall—playfully soften the transition between rooms.

Removing the wall between these rooms enables both spaces to share light and views. Wall-to-wall books and a playful arch greet after-dinner guests.

Raising the ceiling and adding a double band of trim elevates views of the kitchen. French doors in the kitchen lead out to a landscaped deck and play space for the children.





In the kitchen, the appliances were left in place but the cabinets underwent a facelift. They received new maple cabinet frames with blue laminate panels, which accentuate the mellow pine patina of the dining table and chairs. The blue color of the laminate is repeated in the ceiling of the library, in a band of trim in the kitchen, and in the exterior door and window trim. A lower, wider band of trim on the ceiling was painted mahogany red for contrast. With seating for six, the dining table makes this kitchen all the more inviting. The sturdy, old-fashioned farmhouse look of the table and chairs gives the room warmth and personality, and the table is big enough to handle homework assignments, food preparation, and big family meals.

Architects: Castanes/Gibson. Contractor: Holme Builders
Photographs: Mike Jensen. Regional editor: Trish Maharam

Office

The addition to this kitchen shows just how much can be done with a tiny space. These homeowners squeezed a small informal eating area, bookshelves, and a home office/computer station with lots of storage into a 10×12-foot room at the end of the kitchen. The overall floor plan is a standard rectangle, but the bay window at the sink, the sliding glass doors, and a vaulted hip ceiling give the room architectural pizzazz.

Previously a small dining room, the home office area had the best sunlight of any of the rooms in the house. Converting it to a more frequently used space boosted the time the family could enjoy the sunshine. A light wash on the birch cabinets emphasizes the room's

Identical colors and cabinet styles throughout the kitchen and the home office area unify what were two separate spaces and make the cabinets seem more like furniture.

The island defines and minimizes traffic in and out of the kitchen. Raising the ceiling to a vault opened new opportunities for concealed lights in the soffit band.





cheerful character. File drawers flank the 5-foot-long desk, which was designed to hold a computer and printer. The floor-to-ceiling bookshelf also holds files. Undercabinet fixtures above the desk provide task lighting for homework and reading. Raising the ceiling opened up new opportunities for lighting including recessed lights in the soffits and a track light at the peak.

In the cooking end of the kitchen, the homeowners installed an island workstation with a cooktop and second sink. The ovens, microwave, and pantry were placed on an inside wall so as not to cover the window area. Granite tiles on the counters and backsplash give the expensive look of stone at a fraction of the cost of solid-granite slabs.

Kitchen design: Rick Sambol. Photographer: Jay Graham
Regional editor: Helen Heitkamp

Family Room

Once dark and gloomy and chock-full of brown cabinets and wasted space. this kitchen needed both remodeling and a new floor plan. New surface materials eliminated the rustic appearance, and careful rearrangement of living areas made more room for family gatherings. The transition was dramatic, yet required no additional space. The new white cabinets contrast crisply with the dark granite countertops and the stainless-steel sinks and range. The old brick facing to the fireplace was stripped off and replaced with a more contemporary-looking granite. A curved countertop and the curved open shelving establish an Art Deco theme and make a well-rounded transition between the kitchen and

Generous seating in the rearranged family room area allows people to gather for Sunday ball games. The windows and skylight make the small space seem bigger.

The addition of an island increases the usefulness of the kitchen. Minimalist halogen light fixtures and round countertops and shelves give this kitchen its jazzy style.



the family side. A new 3×4-foot skylight brings in light and treetop views. On the family side, the homeowners removed a window seat and replaced it with a banquette, effectively doubling the seating. The snack counter between the two spaces added seating for three more people. The back of the banquette offers a small niche to store shoes.

Kitchen designer: Rick Sambol. Interior designer: Julie Wright. Contractor: Bruce Q. MacDougall. Photographer: Jay Graham. Regional editor: Helen Heitkamp.



Granite replaced the old-fashioned brick on the fireplace. The television can be pulled out from the bookcases on a sliding track and angled for comfortable viewing.

Our Editor's Tips For Better Kitchen Additions

Critique your floor plan. Take a hard look at the floor plan of your house. Are interior walls separating your kitchen from other rooms? If so, opening up one of these walls may be all you need to do to dramatically increase the usefulness of both rooms. Before cutting into any walls, however, check with a contractor or engineer to make sure you are not disturbing a load-bearing support.



Design your kitchen-plus space around what you like to do best. In this case, the homeowner was a literature teacher who created a personal library and connected it to the kitchen by converting a door into an archway. *Buying information, page 55.*

Focus on a favorite activity. Deciding what kind of room you should combine with your kitchen is easy. Figure out what you do most often after meals (read, watch television, play cards or board games, pursue a hobby), then design the new space to fit that need.

Mix up the seating. Having all family members or all the guests sit in one area at one level can stifle fun and conversation. Provide different seating zones and you'll improve the chemistry.

Remember the audiovisuals. Planning for and building in audiovisual equipment increases the versatility of a space and allows you to control the media rather than vice versa. A custom-designed media cabinet enables you to hide all the cords and wires.

Guard your books. Be careful about putting books near cooking appliances and eating areas. Airborne grease, spilled food, and toppled drinks can be hard on books. Also, don't let strong sunlight, which can yellow paper, hammer down on your books for a long time.

Watch the traffic flow. For a kitchen office or library, make sure the desk chair isn't in the way of traffic. It's no fun having Fido and Junior constantly knocking your chair as you're trying to write a grocery list or a thank-you note.



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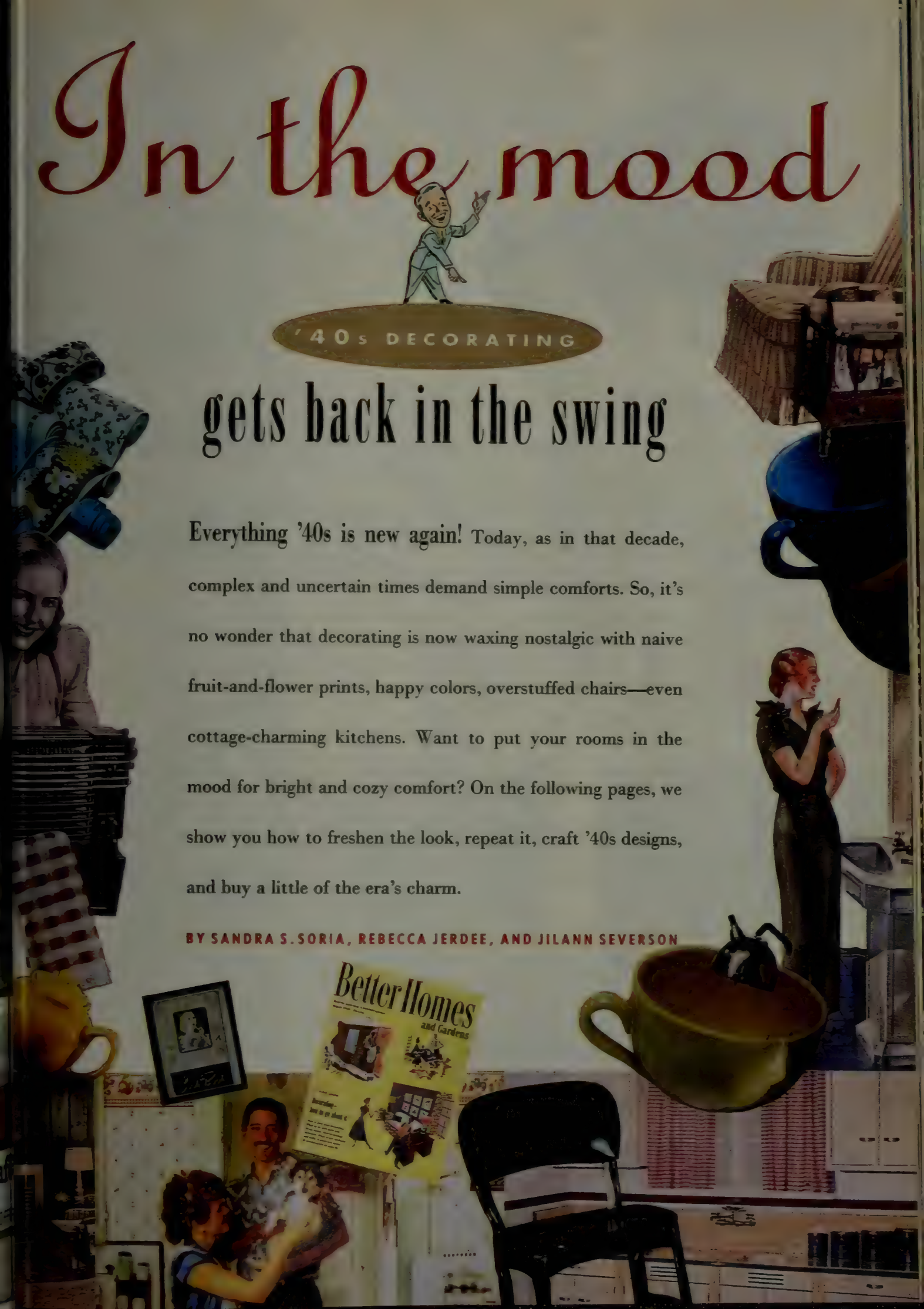
In the mood

'40s DECORATING

gets back in the swing

Everything '40s is new again! Today, as in that decade, complex and uncertain times demand simple comforts. So, it's no wonder that decorating is now waxing nostalgic with naive fruit-and-flower prints, happy colors, overstuffed chairs—even cottage-charming kitchens. Want to put your rooms in the mood for bright and cozy comfort? On the following pages, we show you how to freshen the look, repeat it, craft '40s designs, and buy a little of the era's charm.

BY SANDRA S. SORIA, REBECCA JERDEE, AND JILANN SEVERSON





Romancing the past... When country songwriter Patsy Bruce ("Mammas, Don't Let Your Babies Grow Up to Be Cowboys") wanted to put her Tennessee bed-and-breakfast in a cheerful mood, she turned to the comfortable, friendly '40s designs she knew as a child. "At first I didn't even know I was collecting," says Patsy. "I just picked up bits and pieces of textiles that I liked because of their pattern or color—and because they remind me of my grandmother." Rather than stash her treasured memorabilia, Patsy surrounds herself with them to give herself a daily decorating hug. "I'd advise anybody to open up your drawers and closets and let your favorite things come out and play," says Patsy.

PHOTOGRAPHS: BARBARA MARTIN. DESIGN: DAVID J. ARMS. REGIONAL EDITOR: MARY ANNE THOMSON



In her private quarters at the Lyric Springs Bed and Breakfast Inn she owns, Patsy's bed really sings, thanks to a medley of pillow covers composed of vintage fabrics and tablecloths. With all the vibrant patterns, she doesn't even miss having a headboard.



In the nearby sitting room, more nostalgic fabrics cheer up a sofa. "Matched things bore me," says Patsy. "I love it all mixed up." For fun, she had the sofa reupholstered in a combination of prints: the seat cushions wear plaid while the sofa frame dons stripes.



Pulled out of dresser drawers and sandwiched between glass, Patsy's hankie collection gains masterpiece status. The wall covering's stripes work like art mats to unify the pieces and give them a lift.





History repeats itself...

If these walls could talk, they would tell some wild decorating tales. Charlene and Jim Craig, after buying their San Diego bungalow from Jim's mother, dug beneath layers of old paint, wallpaper, and paneling for the home's real value. "That part of our redecorating was the most fun," they say. "Everything came down in big chunks. As we exposed the original walls, we felt like archaeologists discovering ancient hieroglyphics: messages Mother had painted on the walls 26 years earlier before hanging her wallpaper." Hidden in a time warp under latter-day "improvements" lay the room's true character—a charming, forty-something feeling that the two knew they could bring back to life. For them, those years represent nostalgic comforts, warmth, and security—everything they wanted the heart of their home to be.



New wall covering and green paint work with framed 1940s ads, a Hoosier cabinet, Fire-King greenware, and a vintage toaster to take the room back 50 years.



Charlene and Jim rescue a kitchen from modern civilization.

Runners-up in last year's *Better Homes and Gardens*®/Home Furnishings Council Decorating Contest, Charlene and Jim Craig scour the antique malls for old appliances that still work. "It takes patience but half the fun is the hunt," they say. Even their new window cornice with cherry decals mimics the '40s.





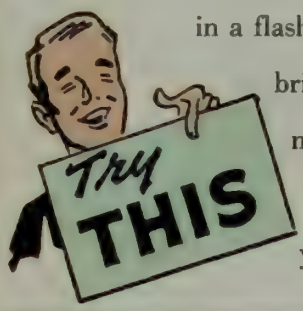


PHOTOGRAPHS: JOAN VANDERSCHUIT

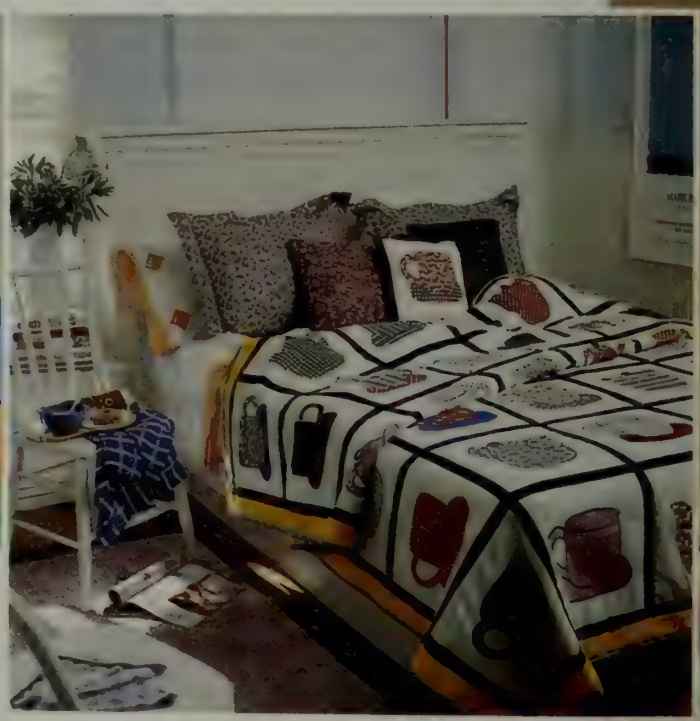


It's easy to give a dining area the sunny look of your favorite '40s movie: Drape a vintage tablecloth at the window and attach with pushpins. Then turn up the heat with hot plates and tropical, tutti-frutti pitchers.

Creating the look... Whether you're a skilled crafter or prefer the ease of no-sew decorating, you can warm and relax your place with a few snappy, forty-something accessories. The basics? Cheery "crayon" colors, witty fruit designs, easygoing dish-towel plaids or checks, and *anything* featuring cups and teapots. For an upbeat outlook in a flash, turn an aging tablecloth into a window valance and arrange bright dinnerware, pitchers, or teapots nearby. Want more? Add a new '40s-style wallpaper border. You can even thread your way into the past by cross-stitching a delightful sampler, or cover yourself in nostalgia by making our charming "Teatime Quilt."









PHOTOGRAPHS KING AU

Inspired by '40s children's books, Mary Engelbreit's "Life Is Just a Chair of Bowlies" cross-stitch design captures quirky nostalgia. *Buying information, page 54.*

Mismatched teacups and button-topped teapots jitterbug across a machine-appliquéd quilt. "Teatime Quilt" instructions and patterns begin on *page 131.*

New from Seabrook Wallcoverings, these cheery forty-something patterns, also from Mary Engelbreit, will make your rooms smile. *Buying information, page 54.*





PHOTOGRAPH COURTESY OF THOMASVILLE FURNITURE INDS.



Coax a new room down memory lane by dressing windows, walls, and furniture in old-fashioned gingham or apron-inspired floral prints.



No, we didn't find these in Grandma's attic. Motif Designs' new Vintage Rosie II line borrows its charm from '40s designs.



Invite your favorite comfort foods to dinner with Fiesta flatware, Haldon Group's plaid dinnerware and fruit pitchers, Pfaltzgraff glasses, and vintage linens.



Buying the look... You don't need chrome and linoleum to get your kitchen cookin' in friendly '40s style. Adaptable country pieces, such as these Farmhouse Basics from Thomasville, cozy up to the era when surrounded by nostalgic prints and bright collectibles. An ever-mixable checked floor lends diner-like snap as it anchors the red-and-white scheme with black. Ahhh . . . you can almost hear the fried chicken crackling.



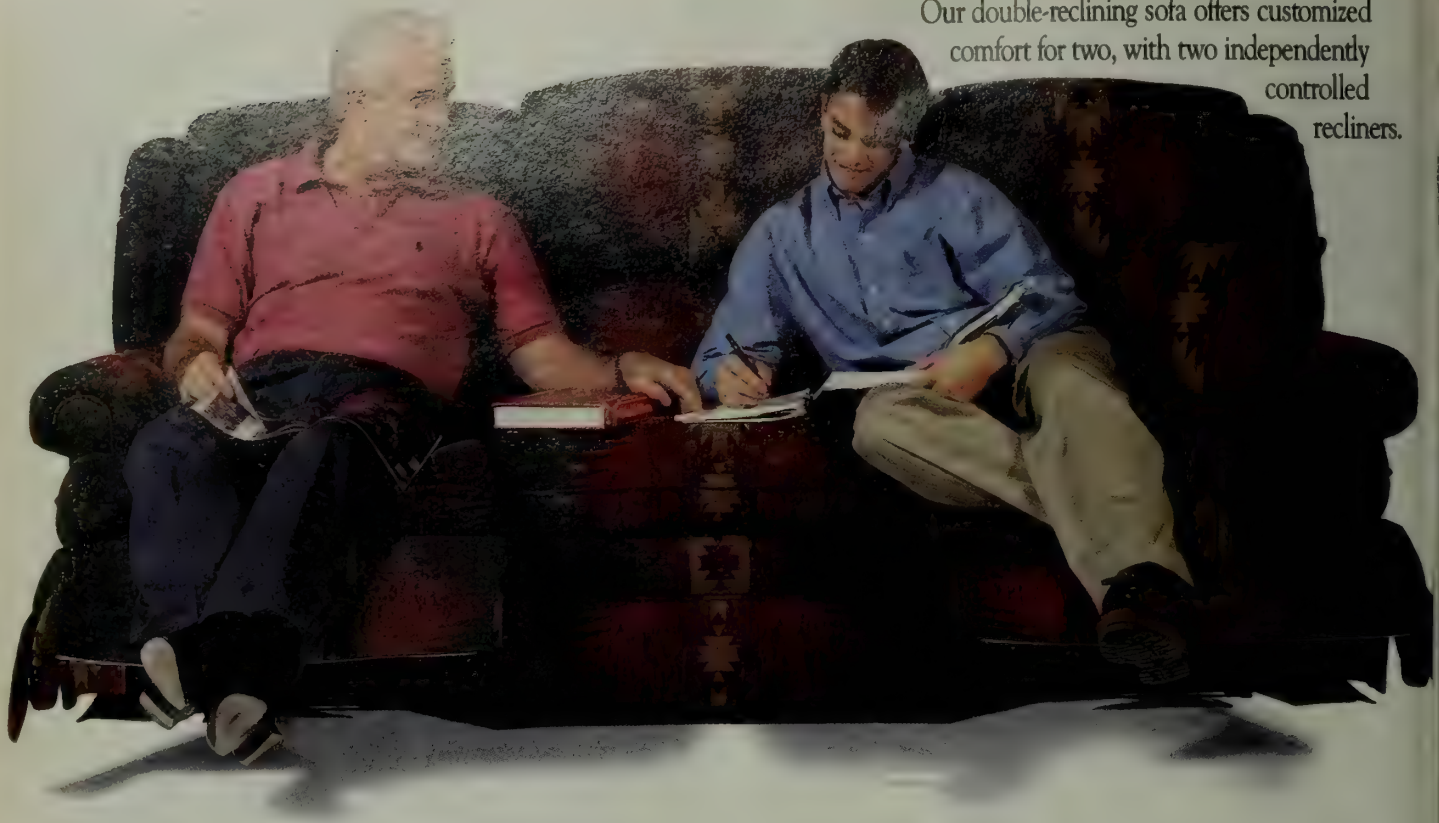
Get in the mood with reproductions: Metrokane juicer, Proctor-Silex toaster, and Waring blender. *Buying guide, page 54*.



There Isn't A House Built That Can't Be Made More Comfortable.

Legacy Double-Reclining Sofa

Our double-reclining sofa offers customized comfort for two, with two independently controlled recliners.



Presenting The Most Comfortable Seats In The House®. Any House.

Berkshire Hide-A-Chaise

Lane's new hide-a-chaise recliner fills the space between the seat and ottoman for cushioned, comforting support.



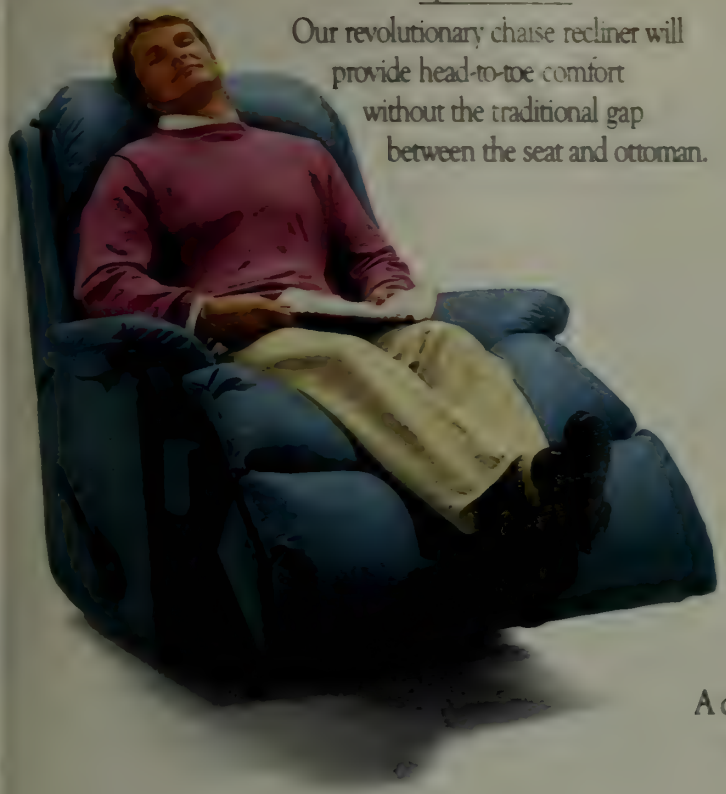


Comfortmates

For your viewing pleasure, we're introducing incredible sitting pleasure. This family entertainment center has built-in recliners and a fold down tray table. It also has a sofa bed for the late, late show.

Spoiler Chaise

Our revolutionary chaise recliner will provide head-to-toe comfort without the traditional gap between the seat and ottoman.





Nantucket Recliner

A chair that captures the essence of classic style and adds a generous dash of comfort. Only you will know it's a comfortable recliner.

Whether it's a garrison colonial or a gleaming contemporary, a Cape Cod or a castle, Action Furniture by Lane® can make it a lot more comfortable. With fabrics to fit any decor and designs to fit any lifestyle. From recliners and sectionals to modular systems. Each engineered with the quality, craftsmanship and innovation you've come to expect from Lane. Along with a limited lifetime warranty.* Now what could be more comfortable than that?

Action Lane®



*See details of limited lifetime warranty at your Lane dealer.



Domino Hide-A-Chaise

This exclusive new recliner has an important feature—a cushioned knee support that opens automatically and fills the space between seat and ottoman to provide head-to-toe comfort.

Abbey Recliner

The look you've always wanted in a recliner. This traditional wing chair is the stylish way to take it easy.



Summit Collection

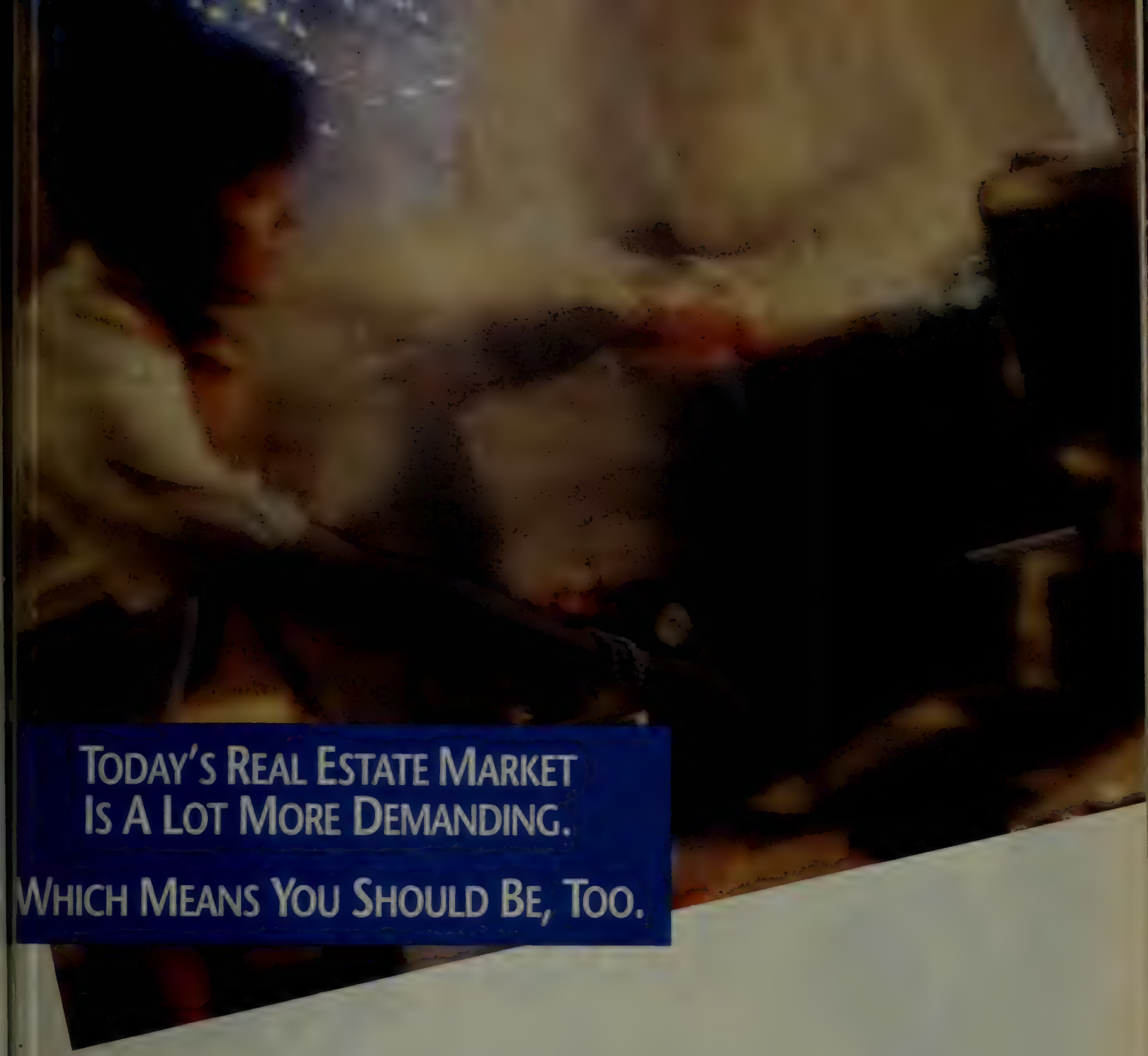
Our sectionals promise comfort any way you choose to put them together, with an almost limitless number of styles, fabrics and configurations.



For a free brochure, write Action Industries, Inc., Department L050, Box 16[illegible], [illegible], VA 38802-1627. For the name of the dealer nearest you, call 1-800-447-4700.

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Considering everything your air goes through, don't you think it should go through this?









While most furnace and air conditioner filters filter out larger dust particles, the new Filtrete™ Clean Air Filter from 3M goes the extra mile.

Its unique, electrostatically-charged Filtrete fibers work like tiny magnets that attract and trap allergy-causing particles that would blow right through an ordinary filter. Particles like smoke and animal dander.

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For a retailer near you call 1-800-388-FILTER (3458).

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Innovation working for you™

3M

IN THE MOOD

continued from page 128

TEATIME QUILT, page 126

Materials: 45-in.-wide fabric in following amounts and colors: 5⅛ yd. muslin, 2¼ yd. navy pindot for sashing, 2¾ yd. gold for borders, 5½ yd. backing; assorted fabric remnants; 10½ yd. purchased or self-made 2-in.-wide binding; 84×97 in. batting; matching threads; clear nylon thread; 9 yd. iron-on adhesive such as Wonder-Under or HeatnBond; 9 yd. rip-away backing or tissue paper for appliqué; brightly colored 1- and 1⅛-in. buttons; assorted scraps baby-weight yarn to match quilt colors; cardboard or plastic for templates.

Instructions: Finished size, approximately 83×96 in. Unless otherwise stated, sew with right sides together; ¼-in. seam allowances included.

Enlarge pattern (*below right*) to scale (400 percent). Transfer to template material. *Note:* Heavy pattern lines indicate cutting lines and outlines for satin stitching; heavy dashed lines indicate cutting line for saucer; thin lines mark detail lines for satin stitching.

Cut fabric scraps slightly larger than pattern for teacup, saucer, and teapot. Cut iron-on adhesive to fit the fabric; fuse to wrong side of the fabric according to manufacturer's instructions. Trace pattern onto paper backing; cut out. *Note:* Be sure to flop pattern when tracing design to paper or design will be reversed. Cut enough teapots and teacup/saucer sets to fill 42 blocks. *Note:* Teacups and saucers may match or contrast. If teacups and saucers match, design may be cut as one; ignore dashed lines.

Cut forty-two 12½-in. muslin squares to create 6 blocks across by 7 rows down.

Following manufacturer's instructions, fuse teapots and teacups/saucers to muslin, centering.

With rip-away backing or tissue paper behind square, machine-satin-stitch on appropriate lines using contrasting thread. *Note:* Stitch inner (thin) lines first. Peel backing away when all stitching is completed.

Arrange teacup and teapot blocks in a pleasing manner. Cut thirty-five 12½×1½-in. sashing strips from navy pindot. Sew sashing strips vertically between blocks to form horizontal rows. Cut 1½-in.-wide horizontal sashing strips to fit between rows; sew rows together. Cut and sew 1½-in.-wide sashing strips to fit top and bottom; then for each side.

Cut and sew 2¾-in.-wide gold borders to fit top and bottom; then for each side.

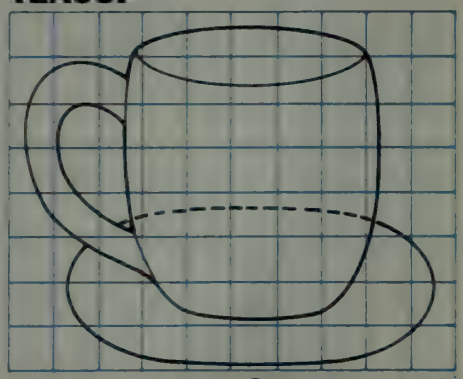
Sew center seam in backing. Layer quilt top, batting, and backing; pin or baste in place. Hand- or machine-quilt along sashing strips. Trim outer edges even ¼-in. larger than quilt top.

Sew binding to top along raw edge using ½-in. seam allowance. Turn binding to back, folding under ½ in.; slip-stitch in place.

Sew buttons on teapot tops for knobs. Tie quilt with yarn in squares between blocks.

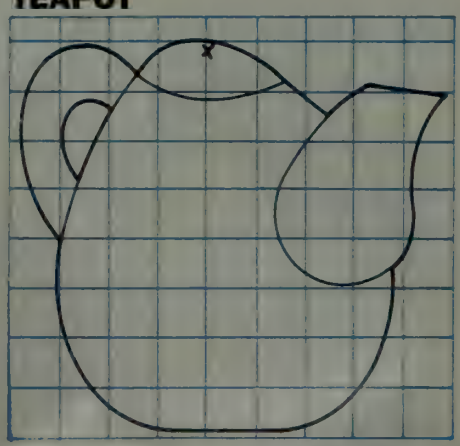
For pillows, cut and appliqué individual blocks as described *above*. Sew sashing strips to each side. Cut backing to fit pillow top. Sew backing to top, leaving 1 side open. Insert purchased or self-made pillow form and slip-stitch opening closed.

TEACUP

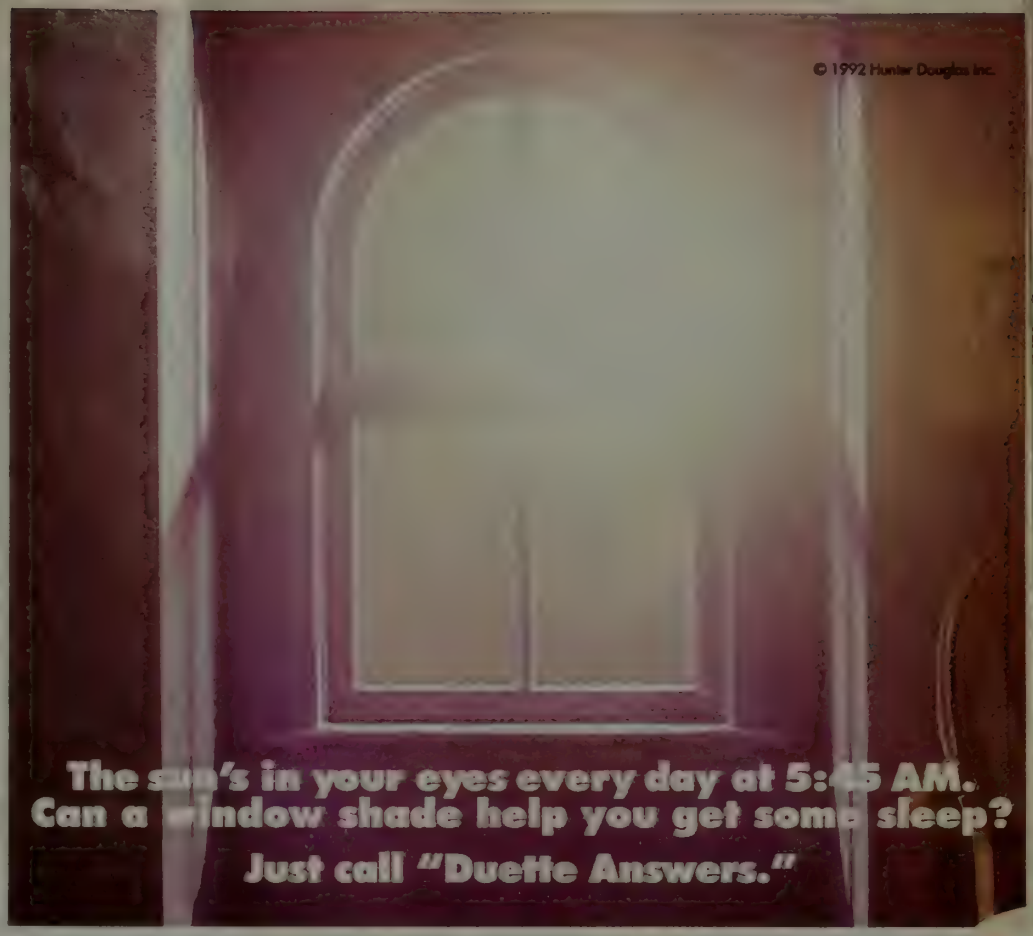


1 Square = 1 Inch

TEAPOT



1 Square = 1 Inch



1-800-32-STYLE, ext. 20 (M–F, 8AM–8PM EST). And get the inside story on our Duette Eclipse™ blackout shade. Or write Two Duette Way, Broomfield, CO 80020. In Canada, 1-800-265-1363. Hunter Douglas: your source for Duette® shades, Silhouette® shadings, pleated shades, horizontal and vertical blinds, and coordinated fabrics.

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1993 *decorating contest*



DO YOU HAVE A FLAIR FOR DECORATING? YOUR TALENTS COULD PAY OFF.

MORE THAN $60,000 IN PRIZES AND MERCHANDISE

Your home could be featured in *Better Homes and Gardens®* magazine!

$14,500 in Manufacturer Cash Awards
Plus Merchandise Awards

If you've recently completed a decorating project (or if you're planning one), you could win prizes and merchandise in our 1993 Decorating Contest. Whether your project is large-scale or small, elaborate or simple, we want to see what you can do. We'll even feature some of the winners in upcoming issues of *Better Homes and Gardens®* magazine.

Once again, the Home Furnishings Council℠, which is an association of home furnishings manufacturers, suppliers, and retailers, has joined us to sponsor this contest. The reason? They believe, as we do, that it can be easy and fulfilling to create an attractive, comfortably furnished home.

The Home Furnishings Council wants to help you with your decorating project. Just call their DECORATING HOTLINE 1-800-999-8688 between 3-6 p.m. (eastern time) any weekday between March 1 and April 30. A licensed interior designer will answer your calls and give you on-the-spot decorating advice.

CASH AWARDS

Our judges are looking for imaginative ideas, a good sense of style and color, and a pleasing blend of decorating elements.

Grand Prize: $10,000
Two Runners-Up: $4,000 each
Plus 12 winners in each of eight categories (listed on coupon at right)

The Home Furnishings Council will present an additional $1,000 to any magazine award winner who has used furnishings from a member of the Council. (Further details and a listing of all Council members will be included in the Entry Packet.)

Each of the following 26 companies is offering a cash award for the best use of its product in a decorating project. *(These prizes void in Arizona, Maryland, and Vermont.)*

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Pittsburgh Corning *PC GLASSBLOCK® Products*
Philips Lighting Company
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American Accents™ *By Rust Oleum®*
Beautyrest Sleepsets by Simmons
T-Fal Non-Stick Cookware *Tefal Appliances*
Waverly Fabrics, Wallcoverings, Home Fashions

HOW TO ENTER

1. Send for Contest Rules. Mail in the coupon below and we'll send you our Decorating Contest Entry Pa with complete details and an official entry form. Because projects take time, don't wait for the Entry Pack begin your decorating.
2. When your project is complete, send us the final entry form along with before and after pictures and al receipts that could make your project a winner. **All final entries must be postmarked by January 4, 19**
3. We will select winners in April 1994, notify winners by mail, and publish a selection of winners.

DECORATING CONTEST ENTRY PACKET ORDER FOR

Please do not send photos or project plans with this preliminary entry form.
Send only one preliminary entry blank per family.

PRELIMINARY ENTRY FORM MUST BE POSTMARKED BY OCTOBER 1, 19

Be sure to check the box(es) that best describes the project(s) you plan to complete in 1993.

- ☐ 1. Living room
- ☐ 2. Dining area
- ☐ 3. Bedrooms: master bedroom or guest room
- ☐ 4. Child's bedroom/playroom/study
- ☐ 5. Outdoor room: porch/patio/deck/sunroom
- ☐ 6. Family room/great-room/kitchen
- ☐ 7. Den/home office
- ☐ 8. Whole-house redecorating

SEND $3.00 FOR POSTAGE AND HANDLING TO:
Better Homes and Gardens®/Home Furnishings Council℠,
DECORATING CONTEST, P.O. Box 9256, Des Moines, IA 50

NAME

ADDRESS

CITY STATE ZIP

Allow six weeks for delivery of final entry packet. Entrants must be residents of the U.S.A. and 18 years or older; void where prohibited. The $3.00 charge is waived for residents of Arizona, Maryland, and Vermont, and cosponsor prize winners in those states.

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MINUTE

• INSTANT BROWN RICE



RICE ALMONDINE

1 medium onion, chopped
2 teaspoons margarine
1 ¼ cups chicken broth
[illegible] lemon juice
[illegible] tic powder
[illegible] nstant Brown Rice
[illegible] wed
2 [illegible]
½ [illegible]



► Cook and stir onion in hot margarine until tender. Add broth, lemon juice and garlic powder. Bring to boil.

► Stir in rice. Return to boil. Reduce heat to low; cover and simmer 5 minutes. Remove from heat.

► Stir in green beans, almonds and dill; cover. Let stand 5 minutes. Serves 6

Nutrition Information per Serving: 130 calories, 4 g protein, 22 g carbohydrate, 3 g fat, 0 cholesterol, 180 mg sodium, 2 g dietary fiber.

FAST, [illegible] AND GOOD FOR YOU, TO[illegible]

RICE-IPES

© [illegible] KRAFT GENERAL FOODS, INC. [illegible]

Viva la Greens, Grains & Beans

10 Vegetarian Recipes from Top Chefs

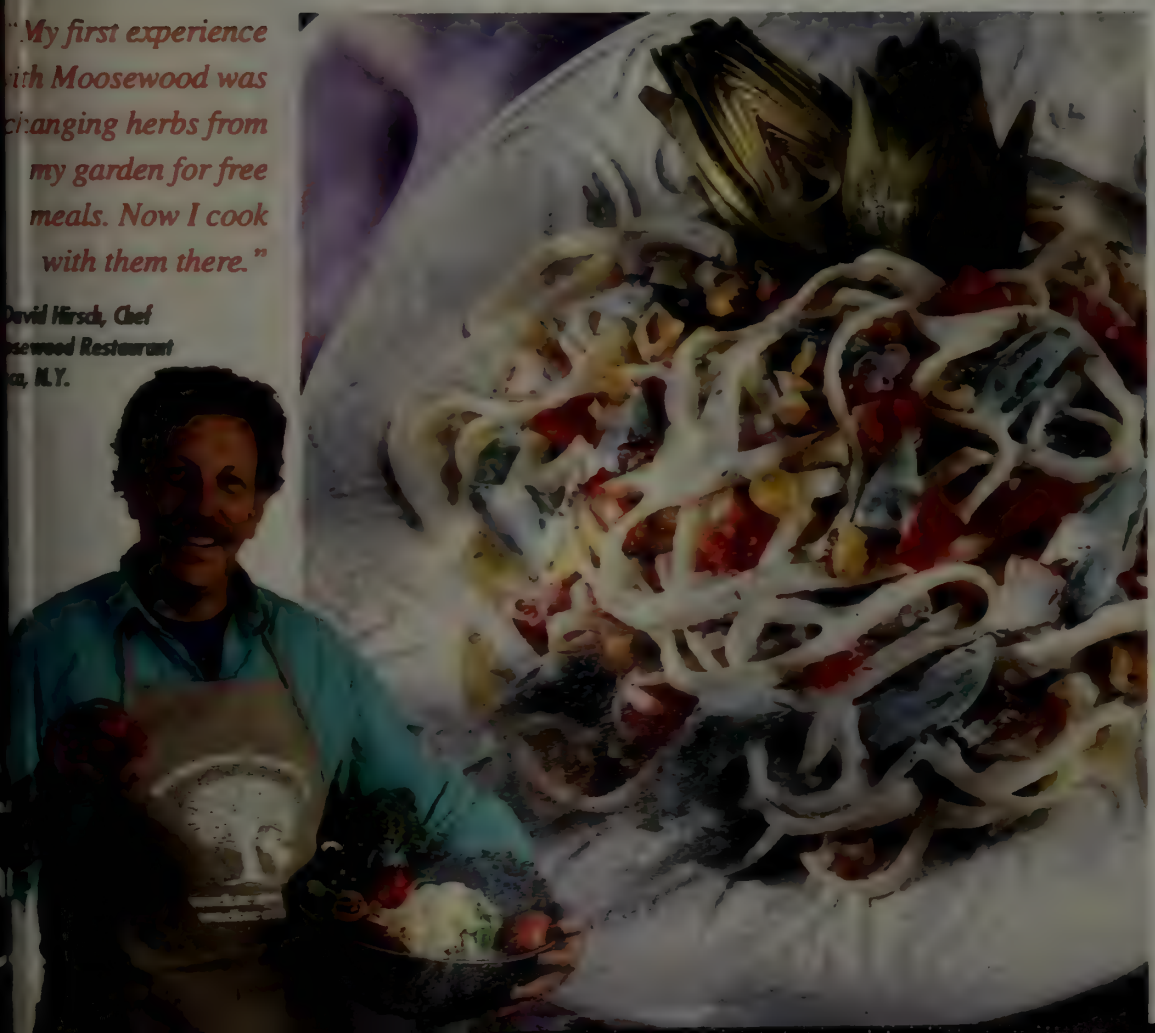
By Julia Malloy

Welcome to the fresh, new tastes of vegetarian cooking. Across the country, restaurant chefs are proving that greens, grains, and beans (and timeless tofu, too) can be just as delicious as meat and potatoes. Let your family in on these healthful ideas by sampling the best from five innovative restaurants.

What better place to start than at the beginning of it all? Try a popular dish from Moosewood Restaurant, the mother of creative vegetarian invention.

"My first experience with Moosewood was changing herbs from my garden for free meals. Now I cook with them there."

David Hirsch, Chef
Moosewood Restaurant
Ithaca, N.Y.



Herbed Linguine with Snap Peas
Take your pick of dill, basil, or chervil for updated pasta primavera.

Turn to page 144 for the recipe and more information about Moosewood Restaurant.

Food photographs: Jim Krantz
Food stylist: Janet Pittman

Cafe Brenda

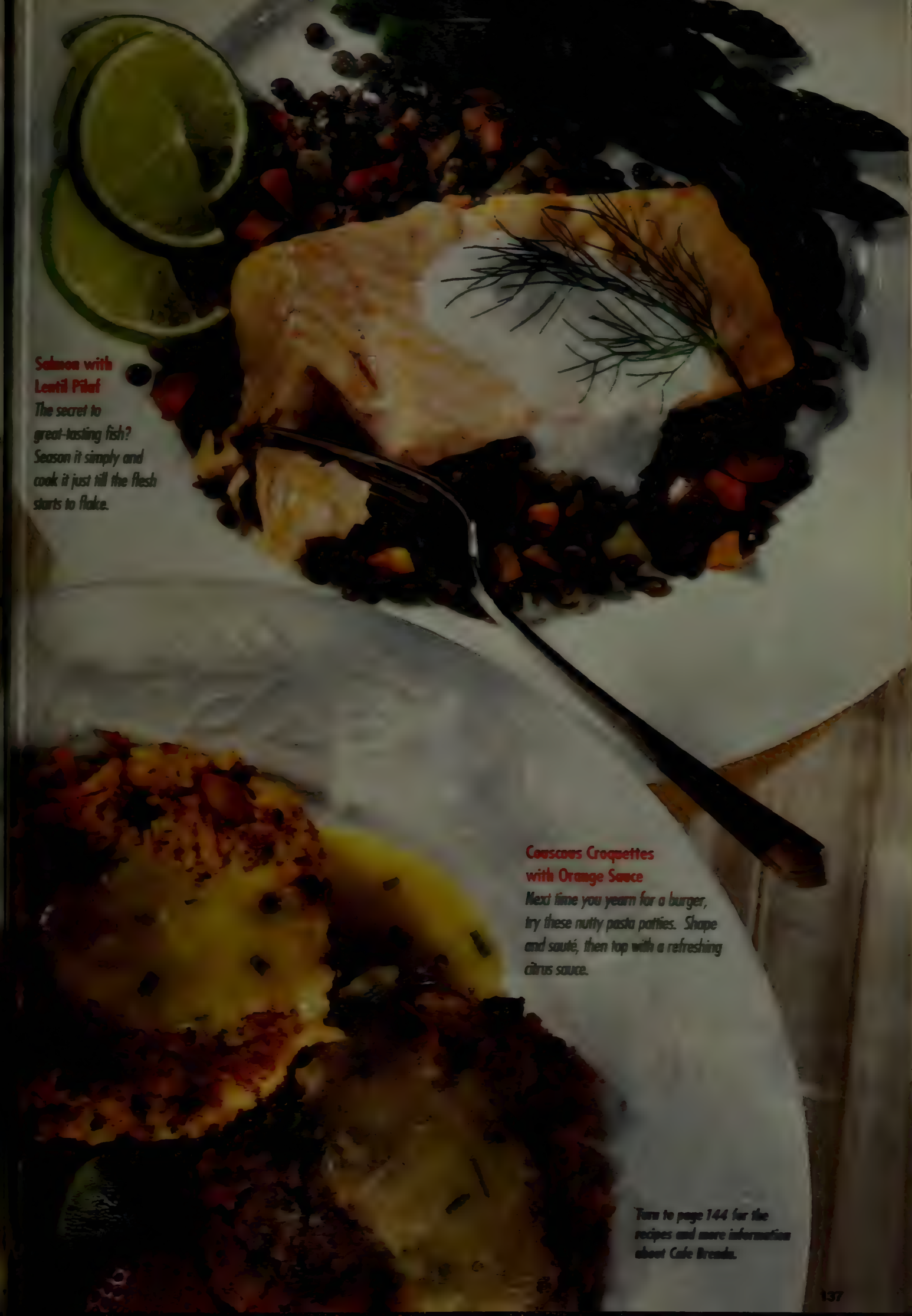
"Many of our guests have a more relaxed approach to vegetarian eating, one that includes fish and seafood. They're thrilled to see it as an alternative on our menu."



—Brenda Langton
Owner-Chef
Cafe Brenda
Minneapolis, Minn.

Japanese Noodle Salad

For pasta salad that is more than a side dish, toss buckwheat soba noodles and fresh vegetables with two dressings: sesame and ginger.



Salmon with Lentil Pilaf

The secret to great-tasting fish? Season it simply and cook it just till the flesh starts to flake.

Couscous Croquettes with Orange Sauce

Next time you yearn for a burger, try these nutty pasta patties. Shape and sauté, then top with a refreshing citrus sauce.

Turn to page 144 for the recipes and more information about Cafe Brenda.



Curried Vegetables
Pile the veggies and rice high on your plate. They never get boring (or fattening) when you mix them with a spunky bunch of spices—ginger, curry, cardamom, and cinnamon.

Greek Spinach Pie
Dig your fork into flaky layers of phyllo enveloping a custard-like spinach and feta cheese filling.

Kung Food Restaurant



Tofu Fajita Pita

If you like fajitas, you'll love this pita. Tofu pinch-hits for the usual chicken or beef. Wrap the filling in a whole wheat pita or tortilla.

"Tofu stretches my imagination. It absorbs the flavors of other ingredients, so I use it in our most popular Mexican, Oriental, and Caribbean dishes."

—Mark Parsons, Chef
Kung Food Restaurant
San Diego, Calif.

recipes and more
Restaurant.

JOAN VANDERSHUIT

Cafe Flora

Hoppin' John with Grits Polenta

This dish is Southern through and through. Fix up a down-home dish of black-eyed peas, rice, and colorful vegetables, and serve it alongside triangles of cheesy grits.





Three-Grain Salad with Roasted Garlic Vinaigrette

Discover the crunch of wheat berries, quinoa, and millet—the trio of grains in this toothsome salad. Roasting the garlic mellows its flavor, giving the dressing a well-rounded, rich taste.

"Two or three grains are more interesting than one. We cook up big batches to mix and match in our specialties."

—Jim Watkins, Chef
Cafe Flora
Seattle, Wash.

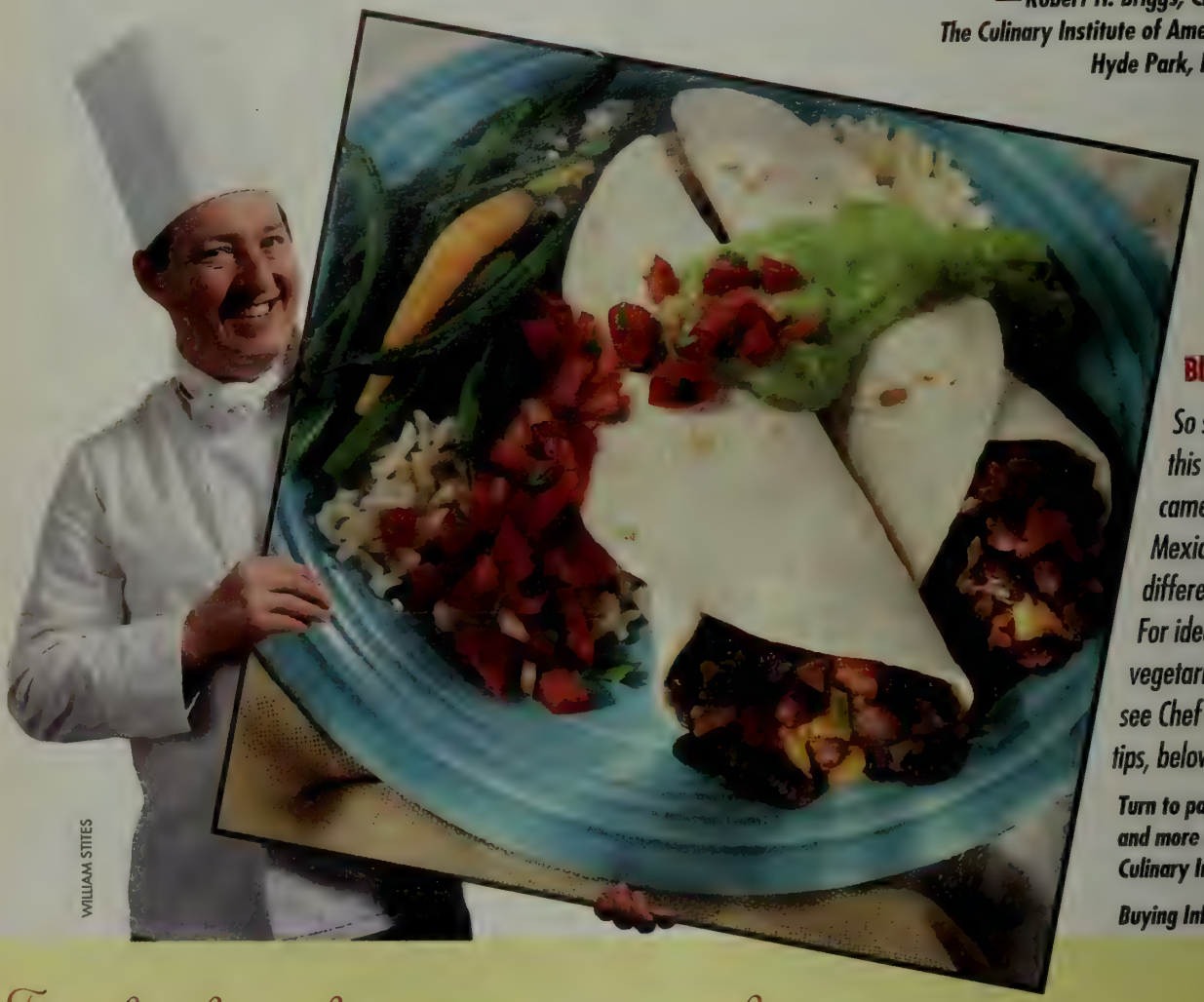
Turn to page 152 for the recipes and more information about Cafe Flora.

MIKE JENSEN

The Culinary Institute of America

"We emphasize low-fat protein sources in teaching vegetarian cooking to our culinary students. Beans and grains are cheap, nutritious, and very versatile."

—Robert H. Briggs, Chef-
The Culinary Institute of America
Hyde Park, N.Y.



WILLIAM SITTES

Black Bean Burrito

So spicy and satisfying, this burrito tastes as if it came from your favorite Mexican eatery. The difference? It's low in fat. For ideas on reducing fat in vegetarian cooking, see Chef Briggs' cooking tips, below.

Turn to page 155 for the recipe and more information about The Culinary Institute of America.

Buying Information, page 55

Tips for low-fat vegetarian cooking

Vegetarian eating can be high in fat, especially if you rely heavily on nuts and cheese for protein. To keep the fat low in vegetarian cooking, follow Chef Briggs' tips:

- Reduce the amount of butter or oil needed in cooking. Use nonstick pans and spray them with nonstick cooking spray *before* heating.
- Rely on combinations of beans and grains for your primary protein. Low-fat fish is a good source too, if it fits your definition of vegetarian eating.
- If your vegetarian diet includes dairy products, look for lower-fat versions of yogurt, sour cream, and cheeses. Use evaporated skim milk in place of cream or whipping cream. (It can even be whipped.)
- Use nuts and cheeses sparingly, just to add flavor and complement other sources of protein.
- Bake, grill, simmer, broil, and steam when possible. Keep frying, sautéing, and stir-frying to a minimum.
- Thicken sauces by adding pureed fruits, vegetables, or rice, rather than starting with a butter-flour base.
- To replace the rich flavor of fat, turn to citrus peel and juices, fresh herbs, and flavored vinegars. Or, use a small amount of an intensely flavored oil, such as sesame, to add flavor without adding much fat.
- Chef Briggs' interest in low-fat cooking stems from his involvement as a food professional with Project LEAN (*Low-fat Eating for America Now*). Sponsored by the National Center for Nutrition and Dietetics (NCND), of The American Dietetic Association, this national nutrition education campaign promotes low-fat shopping, cooking and dining. For more information on low-fat cooking and a free copy of Project LEAN's *New LEAN Toward Health* booklet, call the NCND's Consumer Nutrition Hotline: 800/366-1655.

When you're cooking your best, nothing tastes better than real butter.

Pure, natural, great-tasting butter...its natural quality and great taste enhance any meal. When you're cooking your best, nothing makes it more special than the fresh, great taste of real dairy butter.

America's Dairy Farmers
National Dairy Board



Board.

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LOOK AT WHAT'S NEW WITH NUTRITION INFORMATION

Starting this month, you'll see some changes in the nutrition information we list at the bottom of each recipe. These changes make the recipe information consistent with the new food package labeling regulations. (For more information on the new food labels, see *page 62.*)

With each recipe, we list the calories of each serving and the amount of total fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein. You'll also find the amount of vitamin A, vitamin C, calcium, and iron in each recipe serving expressed in Daily Values (the new dietary standards developed by the Food and Drug Administration). These nutrients are included in our recipe analysis and food labels because they address consumers' biggest health concerns. To learn how BH&G recipe analysis numbers fit into your total diet, see *page 162.*

VIVA LA GREENS

continued from page 142

MOOSEWOOD RESTAURANT

Moosewood has been a popular dining haven for vegetarians and other folks since the early seventies. In fact, it's celebrating its twentieth anniversary this year. This venerable restaurant is cooperatively owned by 18 people, all who take the word "cooperative" quite seriously. The result is an ever-changing menu that features signature dishes from each chef.

Moosewood Restaurant: DeWitt Mall, Ithaca, NY 14850. Phone: 607/273-9610. Hours: lunch from 11:30 a.m. to 2 p.m. daily, except Sunday; dinner from 5:30 p.m. to 8:30 p.m. Sunday through Thursday, and from 5:30 p.m. to 9 p.m. Friday and Saturday. Each Sunday night, the menu features one ethnic cuisine. Once a month the restaurant offers Sunday brunch and donates the proceeds to a local charity. Entrées range from $5.00 at lunch to $11.00 at dinner. Reservations are not accepted.

HERBED LINGUINE WITH SNAP PEAS

Too busy to make fresh pasta? No problem. Buy some from the refrigerated section of your supermarket. It'll take less time to cook than dried pasta—

2 9-oz. pkg. fresh linguine *or* fettuccine *or* 9 oz. dried linguine *or* fettuccine
⅓ cup vegetable broth* *or* water
⅔ cup chopped green onions
1½ cups sugar snap peas cut in half crosswise *or* 12 oz. torn fresh spinach (9 cups)
⅓ cup snipped fresh parsley
⅓ cup snipped fresh dill, basil, *or* chervil, *or* 2 tsp. dried dillweed, basil, *or* chervil, crushed
¼ tsp. salt
¼ tsp. pepper

• • •

12 oz. semisoft goat cheese (chèvre)
¾ cup milk
2 Tbsp. margarine *or* butter, cut into small pieces
1 large tomato, chopped
½ cup toasted chopped hazelnuts
6 small artichokes, steamed and halved (optional)

● **In a 4½-quart Dutch oven cook** pasta according to package directions.

● **Meanwhile,** in a large saucepan bring broth or water to boiling. Add green onions and peas or spinach. Cook and stir for 2 to 4 minutes or till peas are crisp-tender or spinach is wilted. Add parsley, herb, salt, and pepper; toss gently to mix. Remove from heat; cover and set aside.

● **Drain pasta;** keep warm. In the same Dutch oven combine goat cheese, milk, and margarine or butter. Cook and stir till cheese is melted. Return pasta to Dutch oven; toss to coat. Remove from heat.

● **Add vegetable mixture** and *half* of the tomato to the pasta mixture; toss gently to mix. Transfer to a warm serving platter. Garnish with remaining tomato and nuts. Serve immediately, with artichokes, if desired. Makes 6 main-dish servings.

***Note:** You can purchase canned vegetable broth or make your own from instant bouillon granules.

***Nutrition facts per serving:** 546 cal., 22 g total fat (10 g sat. fat), 102 mg chol., 478 mg sodium, 63 g carbo., 2 g fiber, 25 g pro. Daily Value: 18% vit. A, 54% vit. C, 21% calcium, 33% iron.*

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CAFE BRENDA

Since opening her newest restaurant in 1986, Chef Brenda Langton has become well known for her creative croquettes and her flair for serving Oriental-, Mideastern-, and Mediterranean-inspired dishes. Her daily specials complement the regular menu, which offers a wide variety of fish entrées, salads, soups, sandwiches, and desserts.

Cafe Brenda: 300 First Avenue, N Minneapolis, MN 55401. Phone 612/342-9230. Hours: lunch Monday through Friday from 11:30 a.m to 2 p.m.; dinner Monday through Thursday from 5:30 p.m. to 9 p.m and Friday and Saturday from 5:3 p.m. to 10 p.m. Entrées range fro $5.95 to $12.95. Reservations ar accepted.

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VIVA LA GREENS

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SALMON WITH LENTIL PILAF

Chef Brenda Langton from Cafe Brenda suggests cooking the Lentil Pilaf before you broil the fish—

2 lb. fresh *or* frozen salmon fillets, cut ½ to ¾ inch thick
1 recipe Lentil Pilaf (see recipe, *below*)
Olive oil *or* cooking oil
1 8-oz. carton plain low-fat yogurt
1 Tbsp. lemon juice
2 tsp. prepared horseradish
Dash pepper
Fresh fennel leaves (optional)
Lime slices, halved (optional)

● **Thaw fish, if frozen.** Prepare Lentil Pilaf; keep warm. Cut fish into 8 equal pieces; measure the thickness. Brush the unheated rack of a broiler pan with oil; arrange fish on the rack. Broil 4 inches from the heat till fish flakes easily when tested with a fork, allowing 4 to 6 minutes for each ½ inch of thickness.

● **For sauce, in a small mixing bowl** stir together yogurt, lemon juice, horseradish, and pepper. To serve, place salmon on Lentil Pilaf. Serve with sauce. If desired, garnish with fennel and lime. Makes 8 servings.

Nutrition facts per serving: *298 cal., 9 g total fat (2 g sat. fat), 22 mg chol., 260 mg sodium, 27 g carbo., 5 g fiber, 27 g pro. Daily Value: 66% vit. A, 39% vit. C, 14% calcium, 28% iron.*

LENTIL PILAF

This recipe calls for French lentils, which are smaller and darker than most American lentils, but you can use any green or brown lentil—

1¼ cups French lentils *or* other dry lentils
3 cups water
2 bay leaves
1 large onion *or* 3 leeks, chopped (1 cup)
8 cloves garlic, minced (2 tsp.)
2 Tbsp. olive oil *or* cooking oil
1 fennel bulb, chopped (1 cup)
2 medium carrots, chopped (1 cup)
1 medium red *or* green sweet pepper, chopped (1 cup)
½ cup dry white wine
¼ cup snipped fresh parsley
2 Tbsp. snipped fresh basil, thyme, *or* marjoram, *or* 1 tsp. dried basil, thyme, *or* marjoram, crushed
2 Tbsp. Pernod, Anisette, *or* other anise-flavored liqueur (optional)
½ tsp. salt

● **In a medium saucepan combine** lentils, water, and bay leaves. Bring to boiling; reduce heat. Cover and simmer about 30 minutes or till tender.

● **In a large saucepan cook** onion or leeks and garlic in hot oil about 3 minutes or till tender. Add fennel and carrots; cook for 3 minutes more. Add sweet pepper, wine, parsley, herb, liqueur (if desired), and salt. Cover and simmer about 5 minutes or till carrots are tender.

● **Drain lentils,** discarding bay leaves; stir into fennel mixture. Makes 8 side-dish servings.

Nutrition facts per serving: *170 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 92 mg sodium, 25 g carbo., 5 g fiber, 9 g pro. Daily Value: 63% vit. A, 37% vit. C, 6% calcium, 23% iron.*

COUSCOUS CROQUETTES WITH ORANGE SAUCE

Chilling helps the croquettes or patties keep their shape during cooking. Shape and chill them up to 24 hours before browning—

¾ cup couscous
1½ cups water *or* vegetable broth (see note, *page 144*)
¼ cup currants *or* raisins
½ tsp. salt
½ tsp. aniseed, crushed
¼ cup finely chopped onion
2 cloves garlic, minced
1 Tbsp. olive oil *or* cooking oil
1 medium carrot, shredded (½ cup)
¼ cup finely chopped celery

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2 eggs
1¼ cups soft bread crumbs (about 1½ slices bread)
½ cup toasted sliced almonds
1 Tbsp. snipped fresh parsley *or* 1½ tsp. snipped fresh mint
⅛ tsp. ground red pepper
2 Tbsp. cooking oil
1 recipe Orange Sauce (see recipe, *page 148*)
Assorted fresh fruits (optional)

● **In a 10-inch skillet cook** the couscous over medium-high heat for 5 to 8 minutes or till golden brown, stirring constantly. Cool slightly.

● **Carefully add water or broth,** currants or raisins, salt, and aniseed. Bring to boiling; remove from heat. Let stand, covered, for 5 to 10 minutes or till water is absorbed.

● **In a small skillet cook** onion and garlic in the 1 tablespoon oil for 1 minute. Add carrot and celery; cook for 2 to 3 minutes more or just till tender.

● **In a large mixing bowl beat** eggs slightly with a fork. Stir in couscous mixture, carrot mixture, bread crumbs, almonds, parsley or mint, and red pepper.

● **To shape, pack ⅓ of the couscous** mixture firmly into a ⅓-cup measure; unmold onto a baking sheet. Repeat to make 8 mounds total. With moistened fingers, flatten into ½-inch-thick patties (see photograph, *below*). Cover and chill for at least 1 hour or up to 24 hours.

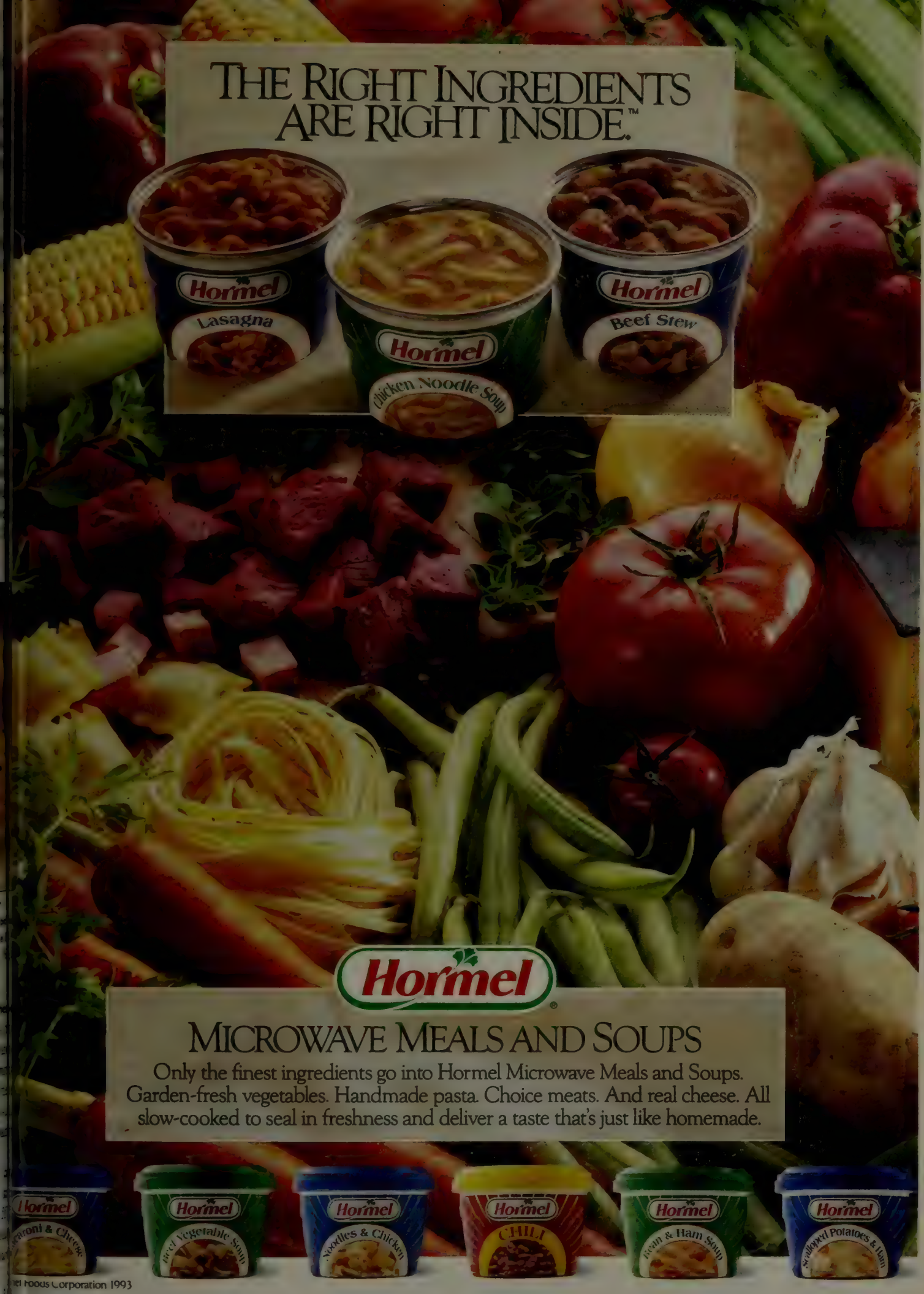


To shape the couscous mixture, pack it firmly into a ⅓-cup measure and unmold it onto a baking sheet. Repeat to make 8 mounds total. Flatten with fingers into ½-inch-thick patties.

● **In the large skillet cook patties** *half* at a time, in the 2 tablespoons oil over medium-low heat till crispy and light brown on both sides (5 to 7 minutes total). Serve the couscous patties warm with Orange Sauce and cut-up fresh fruits, if desired. Makes 4 main dish servings.

Nutrition facts per serving with ¼ cup sauce: *496 cal., 25 g total fat (5 g sat. fat), 114 mg chol., 556 mg sodium, 55 g carbo., 8 g fiber, 13 g pro. Daily Value: 60% vit. A, 33% vit. C, 15% calcium, 19% iron.*

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Foods Corporation 1993

VIVA LA GREENS

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Note: Couscous is a tiny round pasta about the size of sesame seed. You'll find it in the pasta section of your supermarket.

ORANGE SAUCE

Serve this fragrant sauce over the couscous croquettes, cooked rice, or steamed vegetables—

- ¼ cup finely chopped shallots *or* onion
- 1 Tbsp. margarine *or* butter
- ⅔ cup orange juice
- ¼ cup dry white wine *or* orange juice
- 1 bay leaf
- ¼ tsp. salt
- 1 Tbsp. cold water
- 2 tsp. cornstarch
- 1 Tbsp. snipped fresh chives
- ¼ tsp. finely shredded orange peel

● **In a small saucepan cook** shallots or onion in hot margarine or butter about 3 minutes or till tender but not brown. Add orange juice, wine or orange juice, bay leaf, and salt. Bring to boiling; reduce heat. Cover and simmer for 10 minutes.

● **In a small bowl stir** together the cold water and cornstarch; stir into the orange mixture. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Remove bay leaf. Stir in chives and orange peel. Makes about 1 cup.

Nutrition facts per tablespoon: *16 cal., 1 g total fat (0 g sat. fat), 2 mg chol., 41 mg sodium, 2 g carbo., 0 g fiber, 0 g pro. Daily Value: 1% vit. A, 7% vit. C, 0% calcium, 1% iron.*

JAPANESE NOODLE SALAD

The tangy vinaigrette on the greens blends well with the creamy ginger dressing on the noodles. Although they're delicious together, you can serve either on a tossed salad. They'll keep in your refrigerator for up to two weeks—

- 1 8½-oz. pkg. soba (buckwheat noodles) *or* spaghetti
- 1 cup pea pods *or* green beans, halved lengthwise (4 oz.)
- 2 medium carrots cut into julienne strips (1 cup)
- 10 cups mixed greens *or* 1 medium head lettuce, torn
- 1 recipe Toasted Sesame Vinaigrette
- 1 recipe Spicy Tahini-Ginger Dressing
- 1 medium cucumber, thinly sliced
- 2 medium tomatoes, cut into wedges
- ⅔ cup bias-sliced green onions

● **Cook noodles** according to package directions. Rinse and drain. Cover and chill till ready to serve.

● **In a medium saucepan cook** green beans (if using) and carrots, covered, in a small amount of boiling water for 2 to 3 minutes or till crisp-tender (add pea pods the last 30 seconds, if using). Drain; transfer to a storage container. Cover and chill till ready to serve.

● **To assemble, in a large bowl toss** greens with Toasted Sesame Vinaigrette; set aside. In another large bowl toss soba noodles with Spicy Tahini-Ginger Dressing.

● **On individual plates arrange** greens. Top with soba noodles. Arrange cucumber, tomatoes, pea pods or green beans, and carrots on noodles. Top with green onions. Serves 6.

Toasted Sesame Vinaigrette: In a screw-top jar combine ¼ cup *rice vinegar* or *white wine vinegar;* 2 tablespoons *salad oil;* 2 teaspoons *toasted sesame seed;* 1 teaspoon *honey;* 1 teaspoon *tamari* or *soy sauce;* ½ teaspoon *toasted sesame oil;* and a dash *ground red pepper.* Cover and shake well to mix. Makes about ⅓ cup.

Spicy Tahini-Ginger Dressing: In a blender container combine ⅓ cup *tahini paste* (*sesame seed paste*); ⅓ cup *water;* 3 tablespoons *rice vinegar;* 3 tablespoons *tamari* or *soy sauce;* 2 tablespoons thinly sliced, peeled *gingerroot;* 2 to 3 cloves *garlic,* peeled; 1 tablespoon *honey;* and ½ to 1 teaspoon *chili paste* or *chili sauce.* Cover; blend till smooth. Strain through a sieve to remove the gingerroot fibers. Makes about 1 cup.

Nutrition facts per serving: *354 cal., 14 g total fat (2 g sat. fat), 0 mg chol., 933 mg sodium, 52 g carbo., 7 g fiber, 12 g pro. Daily Value: 101% vit. A, 55% vit. C, 29% calcium, 37% iron.*

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ORIENTAL SALAD INGREDIENTS

The flavors of Japanese Noodle Salad come from the following ingredients. You'll find them in supermarkets or oriental markets.

Pea pods: **also known as sugar or snow peas. Remove strings and ends from fresh pods before using.**

Tahini: **a paste of ground sesame seed used in Mideastern cooking.**

Gingerroot: **a brown-skinned, knobby root with fibrous cream-colored flesh. Peel and slice or grate, discarding the fibers.**

Soba noodles: **dried thin noodles made from buckwheat flour. You can substitute dried fine egg noodles or spaghetti.**

Chili paste: **a fiery condiment made from chili peppers, vinegar, and seasonings. You can substitute oriental chili sauce.**

Rice vinegar: **a mild, slightly sweet vinegar made from rice. You can substitute white or white wine vinegar.**

Toasted sesame oil: **an aromatic reddish-brown oil made from toasted sesame seed. A little goes a long way.**

Tamari: **a dark, thin sauce made from soybeans. You can substitute soy sauce.**

KUNG FOOD VEGETARIAN RESTAURANT AND DELI

Chef Mark Parsons bases the menu for this 18-year-old San Diego restaurant on America's favorite foods. Vegetarians and nonvegetarians alike love the restaurant's meatless versions of lasagna, spaghetti, pasta primavera, burgers, quesadillas, and enchiladas. The menu also offers eggless and dairy-free entrées.

The deli, located just next door, offers a wide variety of take-out foods as well. However, if you take food home, you'll miss out on Kung Food's lush garden patio.

Kung Food: 2949 Fifth Avenue, San Diego, CA 92103. Phone 619/298-7302. Hours: lunch and dinner Monday through Friday from 11:30 a.m. to 10 p.m.; brunch, lunch, and dinner Saturday and Sunday from 8:30 a.m. to 10 p.m. Deli is open from 10 a.m. to 10 p.m. daily. Reservations are not accepted.

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ARE YOU A CLEVER COOK?

The Food Editors of *Better Homes and Gardens*® magazine invite you to send us your handiest kitchen tips. We're looking for clever ideas that make cooking easier, healthier, or more rewarding for you and your family. We will pay $25 for each published tip. Please send your tips to The Clever Cook, *Better Homes and Gardens* magazine Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters will become the property of *Better Homes and Gardens* magazine.

CURRIED VEGETABLES

Forget the heavy, creamy sauce that "curry" calls to mind. This light and spicy version really accents the vegetables. Serve it with chutney—

- **1 large red onion, cut into strips (1½ cups)**
- **1 tsp. minced garlic (2 to 3 cloves)**
- **1 Tbsp. cooking oil**
- **¾ cup water**
- **½ cup apple juice**
- **2 medium potatoes, cut into ½-inch chunks (2½ cups)**
- **1 medium carrot, cut into ½-inch chunks (½ cup)**
- **2 Tbsp. tamari *or* soy sauce**
- **1 Tbsp. curry powder**
- **1 tsp. grated gingerroot**
- **¼ tsp. ground cardamom**
- **¼ tsp. ground cinnamon**
- **2 cups cauliflower flowerets**
- **1 medium zucchini, cut into ½-inch chunks (1½ cups)**
- **1 cup frozen peas**
- **1 medium red *or* green sweet pepper, cut into short ½-inch-wide strips (1 cup)**
- **½ cup raisins**

Hot cooked brown rice
Chutney (optional)

● **In a 4½-quart Dutch oven cook** onion and garlic in hot oil over medium heat about 10 minutes or till tender, stirring occasionally. Add water, apple juice, potatoes, carrot, tamari or soy sauce, curry powder, gingerroot, cardamom, and cinnamon. Bring to boiling; reduce heat. Cover; simmer for 10 minutes.

● **Add cauliflower,** zucchini, peas, pepper strips, and raisins. Cover and simmer for 3 to 5 minutes more or till zucchini is tender. Serve over hot cooked rice. If desired, serve with chutney. Makes 4 main-dish servings.

Nutrition facts per serving: *401 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 568 mg sodium, 81 g carbo., 9 g fiber, 11 g pro. Daily Value: 70% vit. A, 133% vit. C, 11% calcium, 22% iron.*

TOFU FAJITA PITA

Be sure the tofu you buy is labeled "firm." It's better for stir-frying than soft tofu—

- **1 10½-oz. pkg. firm tofu (fresh bean curd), chopped**
- **1 medium green pepper, cut into strips (1 cup)**
- **1 small red onion, cut into strips**
- **2 Tbsp. snipped fresh cilantro**
- **2 tsp. chili powder**
- **¾ tsp. salt**
- **½ tsp. ground cumin**
- **¼ tsp. garlic powder**
- **¼ tsp. pepper**
- **1 Tbsp. olive oil *or* cooking oil**
- **1 Tbsp. lime juice**

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- **5 large whole wheat pita bread rounds *or* 8-inch whole wheat tortillas**
- **¾ cup alfalfa sprouts**
- **1 tomato, seeded and chopped**

Salsa (optional)

● **For filling,** in a medium mixing bowl combine tofu, green pepper, onion, cilantro, chili powder, salt, cumin, garlic powder, and pepper. In a 10-inch skillet cook filling, uncovered, in hot oil about 4 minutes or till vegetables are crisp tender. Stir in lime juice.

● **Spoon filling** atop one side of each pita round or tortilla. Top with alfalfa sprouts and tomato. Fold opposite sides of pita round or tortilla over filling; skewer closed with toothpicks. If desired, serve with salsa. Makes 5 main-dish servings.

Nutrition facts per serving: *239 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 558 mg sodium, 28 g carbo., 3 g fiber, 14 g pro. Daily Value: 9% vit. A, 31% vit. C, 21% calcium, 53% iron.*

GREEK SPINACH PIE

The chefs at Kung Food make their own whole wheat dough for this layered casserole, but you can use regular phyllo dough—

- **1¼ cups chopped onion**
- **¼ cup snipped fresh parsley**
- **½ tsp. ground nutmeg**
- **½ tsp. pepper**
- **2 Tbsp. olive oil *or* cooking oil**
- **2 Tbsp. snipped fresh dill *or* 1½ tsp. dried dillweed**

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- **5 eggs**
- **½ cup milk**
- **2 10-oz. pkg. frozen chopped spinach, thawed and well drained**
- **1 lb. feta cheese, crumbled**
- **⅓ cup unsalted butter, melted**
- **½ of a 16-oz. pkg. frozen phyllo dough (10 to 12 sheets)**

Dairy sour cream (optional)
Snipped fresh dill (optional)

● **For filling,** in a medium saucepan cook chopped onion, snipped parsley, nutmeg, and pepper in hot oil, covered, over low heat about 20 minutes or till onions are very tender, stirring occasionally. Stir in fresh or dried dill. Set mixture aside.

● **In a medium mixing bowl combine** eggs and milk; beat with a rotary beater or a wire whisk till smooth. Stir in onion mixture, spinach, and feta.

● **Brush the bottom** of a 3-quart rectangular baking dish with *some* of the melted butter. Unfold phyllo sheets; cut in half crosswise to fit into the dish. (To prevent drying, keep phyllo sheets covered with clear plastic wrap till ready to use.) Place *1* phyllo sheet half in the bottom of the dish. Brush with melted butter. Repeat with *9 to 11* more half-sheets of phyllo and melted butter.

● **Spread spinach filling** over the layers of buttered phyllo in the baking dish. Layer remaining phyllo sheets over filling, brushing each with melted butter. If desired, use a sharp knife to score the top of the phyllo dough into 9 rectangles.

● **Bake, uncovered, in a 375° oven** about 30 minutes or till golden. Let stand for 10 minutes. To serve, cut into rectangles along scored lines. If desired, top each serving with sour cream and fresh dill. Makes 9 main dish servings.

Nutrition facts per serving: *371 cal., g total fat (13 g sat. fat), 182 mg chol., 753 mg sodium, 26 g carbo., 2 g fiber, 16 g pro. Daily Value: 91% vit. A, 18% vit. C, 48% calcium, and 18% iron.*

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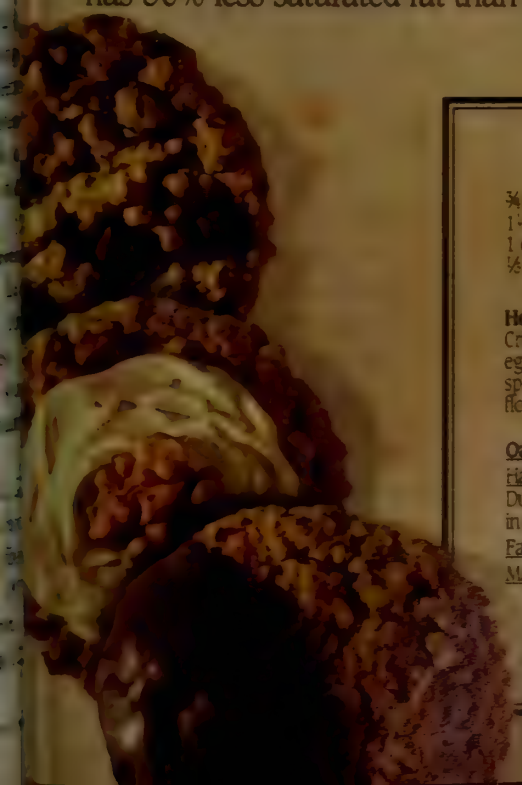
(Crisco Recipe)

Crisco's Oatmeal Cookie Bakes Up Higher And Softer. No If's, And's Or Butter.



(Butter Recipe)

Crisco®'s deliciously moist and chewy oatmeal cookie is softer than this popular cookie* made with butter. Higher too. And, cup for cup, Crisco has 50% less saturated fat than butter (Crisco 3g saturated fat per Tbsp/ Butter 6g). And, unlike butter, Crisco is made just for baking, so Crisco cookies bake up soft and moist. Taste for yourself. Try the Crisco recipe and the variations below.



The Chewy Oatmeal Cookie

¾ cup Butter Flavor Crisco**
1 ¼ cups firmly packed light brown sugar
1 egg
⅓ cup milk
1 ½ teaspoons vanilla
3 cups Quaker® Quick Oats (not instant or old-fashioned)
1 cup all-purpose flour
½ teaspoon baking soda
½ teaspoon salt
¼ teaspoon cinnamon
1 cup raisins
1 cup coarsely chopped walnuts

Heat oven to 375° F. Grease baking sheet with Butter Flavor Crisco. **Combine** Butter Flavor Crisco, lt. brown sugar, egg, milk and vanilla in large bowl. **Beat** at medium speed of electric mixer until well blended. **Combine** oats, flour, baking soda, salt and cinnamon. **Mix** into creamed mixture at low speed just until blended. **Stir** in raisins and nuts. **Drop** rounded tablespoonfuls of dough 2 inches apart onto baking sheet. **Bake** at 375° F for 10 to 12 minutes, or until lightly browned. **Cool** 2 minutes on baking sheet. Remove to kitchen counter. ABOUT 2½ DZ. COOKIES.

Oatmeal Cookie Variations:

Half-Dipped Cookies–Omit raisins & nuts. Bake & cool. Microwave 1 cup Duncan Hines® Dutch Fudge Frosting for 20-25 seconds, or until smooth and thin. Dip top half of cookie in frosting. Lay on waxed paper until set.

Favorite Chip Cookies–Omit raisins & nuts. Add 1 cup baking chips to batter. Bake & cool.

Maple Walnut Cookies–Omit raisins. Add 1 ½ tsp. maple flavoring to dough. Bake & cool. Frost top of cooled cookie with mixture of 1 container Duncan Hines Vanilla Layer Cake Frosting and 1 tsp. maple flavoring. Garnish with walnut half.



Cooks Who Know Trust Crisco.

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VIVA LA GREENS

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CAFE FLORA

Recycled paint, toxin-free upholstery, and compost tumblers are just a few of the motivating "green" ideas that, in 1991, transformed a discarded laundromat into a sought-after vegetarian mainstay. Chef Jim Watkins, who still calls Virginia home, adds a playful Southern spin to many of his specialties. Grits polenta and black-eyed peas are just as likely to appear on his menu as nachos and pizza. He's even designed a special kid's menu.

Cafe Flora: 2901 East Madison Ave., Seattle, WA 98112. Phone: 206/325-9100. Hours: Tuesday through Friday from 11 a.m. to 10 p.m.; Saturday from 9 a.m. to 2 p.m. for brunch and from 5 p.m. to 10 p.m. for dinner; Sunday from 9 a.m. to 2 p.m. for brunch. Closed Monday. Entrées range from $5.25 to $10.25. Reservations are not accepted for parties of fewer than eight people.

HOPPIN' JOHN WITH GRITS POLENTA

Cook the dry black-eyed peas ahead of time or use frozen or canned versions—

- ½ cup dry black-eyed peas, one 10-oz. pkg. frozen black-eyed peas (2 cups), *or* one 15-oz. can black-eyed peas, drained
- ¾ cup long-grain rice
- 1½ cups chopped red, yellow, *and/or* green sweet pepper
- 2 medium carrots, thinly bias sliced (1 cup)
- 1 cup frozen *or* canned whole kernel corn
- 1 Tbsp. finely chopped shallots *or* onion
- 1½ tsp. minced garlic (4 cloves)
- 1 Tbsp. margarine *or* butter
- 1 cup chopped, seeded tomatoes
- 2 Tbsp. snipped fresh parsley
- 1 Tbsp. snipped fresh thyme *or* 1 tsp. dried thyme, crushed
- ½ tsp. salt
- ¼ to ½ tsp. red pepper flakes
- ⅛ tsp. pepper
- Purple kale (optional)
- 1 recipe Grits Polenta (see recipe, *right*)
- Chili peppers (optional)

● **Rinse dry black-eyed peas.** In a medium saucepan combine peas and enough water to cover. Bring to boiling; reduce heat. Cover and simmer for 45 to 60 minutes or till tender. (Or, cook frozen black-eyed peas according to package directions). Drain peas.

● **Cook rice** according to package directions. Drain and set aside.

● **In a 12-inch skillet cook** peppers, carrots, corn, shallots or onion, and garlic in margarine or butter, covered, for 6 to 8 minutes or till crisp-tender, stirring once or twice. Add black-eyed peas, cooked rice, and tomatoes; stir gently to mix. Cook, covered, over low heat about 5 minutes or till heated through, stirring occasionally. Add parsley, thyme, salt, red pepper flakes, and pepper.

● **To serve, line 4 to 6 dinner plates** with kale, if desired. Spoon pea mixture onto plates. Arrange Grits Polenta triangles alongside. If desired, garnish with chili peppers. Makes 4 to 6 main-dish servings.

Nutrition facts per serving: *551 cal., 14 g total fat (10 g sat. fat), 16 mg chol., 669 mg sodium, 89 g carbo., 11 g fiber, and 18 g pro. Daily Value: 178% vit. A, 134% vit. C, 44% calcium, and 29% iron.*

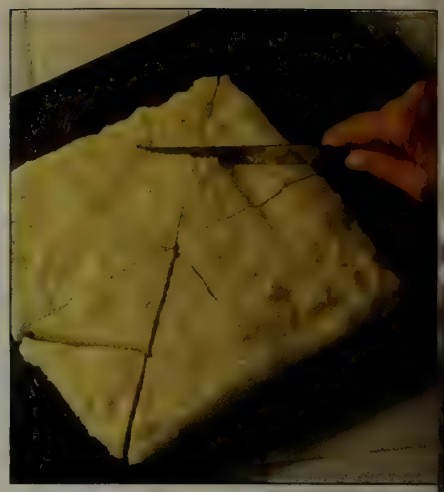
GRITS POLENTA

Smoked cheese is the flavor secret to these Southern-style grits triangles. Cafe Flora uses mozzarella, but you may find other smoked cheeses in your area. Ask the deli clerk if you can taste a sample before buying—

- 2 cups water
- 1 cup milk, half-and-half, *or* light cream
- ¼ tsp. salt
- ¾ cup quick-cooking hominy grits
- ¾ cup shredded smoked mozzarella, provolone, Swiss, *or* cheddar cheese (3 oz.)
- 2 Tbsp. margarine *or* butter

● **In a large saucepan combine** the water; milk, half-and-half, or cream; and salt. Bring to boiling; reduce heat. Slowly add grits, stirring with a whisk. Cook and stir for 5 to 7 minutes or till very thick. Remove from heat.

● **Add cheese** and margarine; stir till melted. Pour onto a greased cookie sheet; spread into an 8-inch square (about ½ to ¾ inch thick). Cover; let stand at room temperature till cool and firm. (Or, chill overnight.)



Cut the cooled 8-inch square of grits into four equal squares. Then cut each small square diagonally into 4 triangles.

● **Cut firm grits into 16 triangles.** Arrange triangles on the rack of an unheated broiler pan. Broil 4 to 5 inches from the heat for 4 to 5 minutes or till the surface is slightly crisp and beginning to brown. Makes 16 triangles.

Nutrition facts per triangle: *41 cal., 3 g total fat (1 g sat. fat), 4 mg chol., 82 mg sodium, 2 g carbo., 0 g fiber, 2 g pro. Daily Value: 5% vit. A, 0% vit. C, 7% calcium, 1% iron.*

THREE-GRAIN SALAD WITH ROASTED GARLIC VINAIGRETTE

Roasting gives the garlic a mellow, toasty flavor. Depending on how much garlic flavor you want, use between 4 and 8 cloves—

- 4 cups water
- ½ cup wheat berries
- ½ cup quinoa
- ¼ cup millet
- 1 recipe Roasted Garlic Vinaigrette (see recipe, *page 154*)
- 1 10-oz. pkg. frozen lima beans
- 1 cup chopped red, yellow, *and/or* green sweet pepper
- 1 cup finely chopped celery
- ½ cup currants *or* raisins
- ¼ cup snipped fresh parsley
- 1 Tbsp. snipped fresh thyme *or* ½ tsp. dried thyme, crushed
- 1 Tbsp. snipped fresh dill *or* ½ tsp. dried dillweed
- ½ tsp. salt
- ¼ tsp. pepper
- Flowering kale *or* mixed greens (optional)
- Cut-up fresh fruits *or* vegetables, such as red grapes *or* sliced pear, *or* cucumber (optional)

continued on page 1

KNUDSEN®

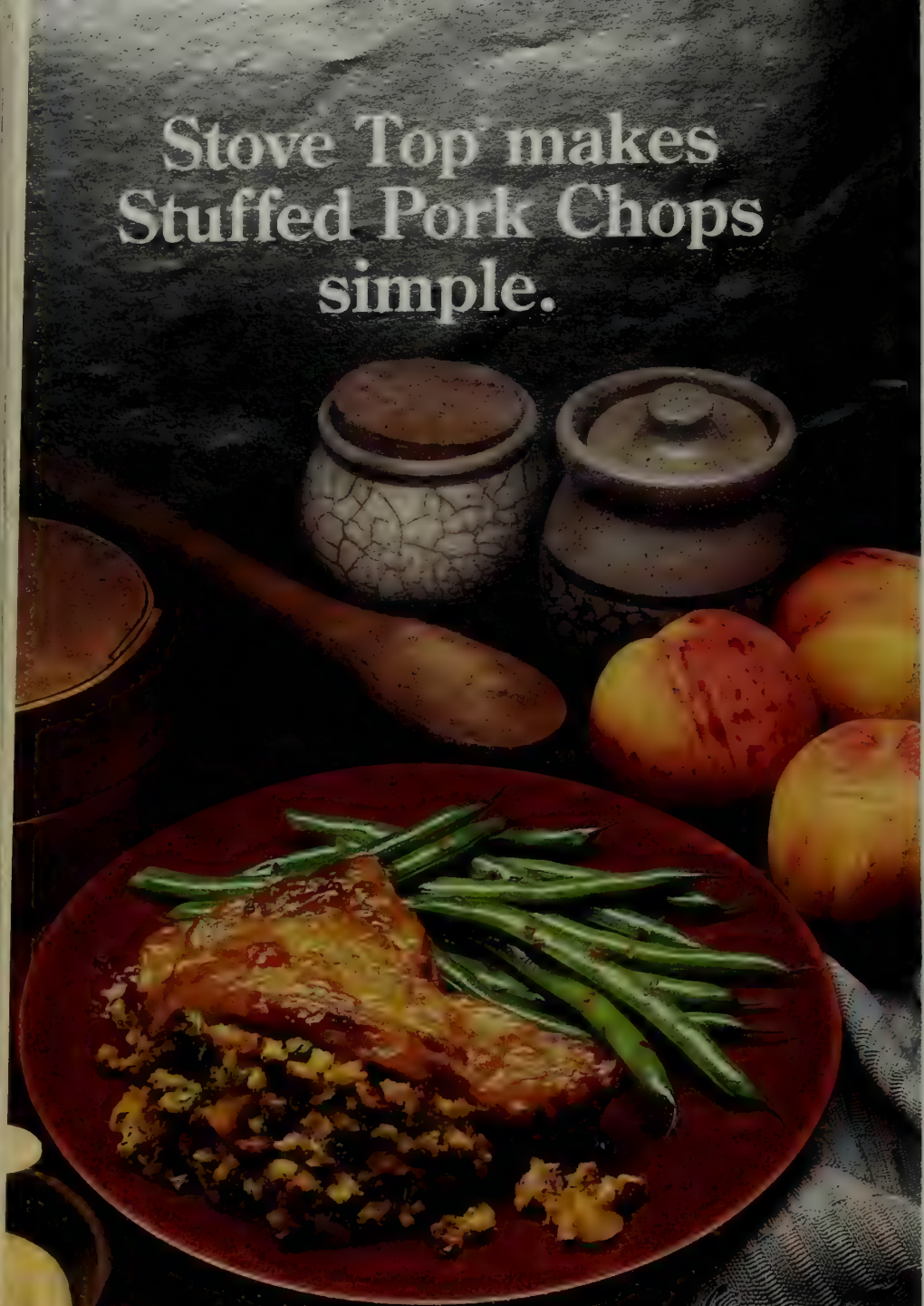


HAS LOTS OF TEX-MEX APPEAL



aft General Foods, Inc. Not available in all areas.

Stove Top® makes Stuffed Pork Chops simple.



Stove Top®
STUFFING MIX

Peach-Glazed Stuffed Pork Chops

1 can (8 1/2 oz.) sliced peaches
1/3 cup hot water
2 Tbsp. margarine
2 cups STOVE TOP® Chicken Flavor Stuffing Mix in the Canister
4 pork chops (1" thick) with pocket cut for stuffing
1/2 cup peach preserves
2 Tbsp. Dijon mustard

- Heat oven to 350°F.
- Drain and dice peaches, reserving syrup.
- Mix water and margarine in bowl; stir in stuffing mix, peaches and syrup.
- Fill pork chop pockets with stuffing. Arrange pork chops in 13" x 9" baking pan.
- Mix preserves and mustard. Brush over pork chops. Bake 60 minutes or until cooked through. Bake any remaining stuffing in a casserole 30 minutes.

Makes 4 servings



For these recipes write KRAFT FOOD

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VIVA LA GREENS

continued from page 152

● **In a medium saucepan heat** the wa ter to boiling. Add wheat berries; re duce heat. Cover and simmer for 4(minutes. Add quinoa and millet; cover and simmer about 15 minutes more o till tender. Drain.

● **In a large mixing bowl combin** cooked grains and Roasted Garli Vinaigrette; toss to coat. Cover an chill for several hours or overnight.

● **Cook lima beans** according to pack age directions; drain and chill.

● **To serve, add lima beans,** choppe peppers, celery, currants or raisins parsley, thyme, dill, salt, and peppe to the chilled grain mixture. If desired line 6 salad plates with kale or greens set aside. Press the grain mixture int six 10-ounce custard cups; unmol onto the lined salad plates. (Or, spoo the loose mixture onto salad plates.) I desired, garnish each salad with fruit or vegetables. Makes 6 main-dis servings.

Roasted Garlic Vinaigrette: Peel to 8 cloves *garlic;* place the peeled gar lic in a shallow baking pan. Bake, un covered, in a 350° oven for 15 to 2 minutes or till golden brown and so in the centers. In a blender containe combine roasted garlic, ⅓ cup *bal samic vinegar,* 2 tablespoons choppe *shallots* or *onion,* 1 tablespoon *Dijon style mustard,* and 1 teaspoon *suga* Cover and blend for 5 seconds. Wit the blender running, *slowly* add 3 t blespoons *olive oil* or *salad oil* in a *thi steady stream.* Makes ⅔ cup.

Nutrition facts per serving: *312 cal., 9 total fat (1 g sat. fat), 0 mg chol., 2 mg sodium, 53 g carbo., 5 g fiber, 9 pro. Daily Value: 3% vit. A, 41% v C, 7% calcium, 28% iron.*



For Three-Grain Salad use (from top to bottom): quinoa, wheat berries, and millet.

THREE GRAINS TO TRY

You can find the grains for Three-Grain Salad in the rice section of your supermarket or in a health food store.

Quinoa: a grain with complete protein. (It provides the same protein components as meat.) Cook, covered, in twice the amount of water for 15 minutes to serve in salads, pilafs, soups, casseroles, and breakfast cereals.

Wheat berries: unpolished whole wheat kernels. Cook, covered, in three times the amount of water for 1 hour to add to salads, soups, breads, and side dishes.

Millet: unpolished yellow whole kernels from the millet plant. Cook, covered, in three times the amount of water for 15 to 20 minutes to use in cereals and side dishes.

THE CULINARY INSTITUTE OF AMERICA

The Culinary Institute of America is one of the nation's premier culinary arts colleges. St. Andrew's Cafe, one of four student-staffed restaurants on the institute's campus, focuses on nutrition and vegetarian cooking.

The chefs overseeing the cafe's menu try to offer recipes that are low in calories, fat, sodium, and cholesterol, and high in complex carbohydrates. Before a new recipe can be added to the menu, it is analyzed by computer to make sure it meets the restaurant's nutrition standards. Though not strictly a vegetarian restaurant, St. Andrew's Cafe offers several vegetarian selections.

St. Andrew's Cafe: 433 Albany Post Road, Hyde Park, NY 12538. Phone: 914/452-9600. Hours: lunch Monday through Friday from 11:30 a.m. to 1 p.m.; dinner from 6 p.m. to 8 p.m. Closed weekends. Entrées range from $5.00 to $8.00 at lunch and from $9.00 to $11.00 at dinner. Reservations are accepted.

BLACK BEAN BURRITOS

Jalapeño peppers contain oils that taste fiery and may burn your eyes, lips, and skin. For that reason, wear plastic gloves when working with hot peppers. And, wash your hands afterwards—

8 oz. dry black beans* *or* two 15-oz. cans black beans
1 medium onion, finely chopped
2 cloves garlic, minced
1 to 2 jalapeño peppers, seeded and finely chopped
1 Tbsp. chili powder
1 tsp. ground cumin
1 Tbsp. olive oil *or* cooking oil
1 16-oz. can tomatoes, cut up
1 ¼-inch-thick lemon slice
1 tsp. dried oregano, crushed
¼ tsp. salt
Dash bottled hot pepper sauce (optional)
6 6-inch flour tortillas
Salsa
Guacamole *or* low-fat dairy sour cream
Chopped tomato (optional)
Snipped cilantro (optional)

● **Cook dry beans.*** Rinse and drain cooked or canned beans. Set aside.

● **In a 4½-quart Dutch oven cook** onion, garlic, peppers, chili powder, and cumin in hot oil till tender, stirring occasionally. Stir in drained beans, *undrained* tomatoes, lemon, oregano, salt (omit if using canned beans), and pepper sauce, if desired. Bring to boiling; reduce heat. Simmer, uncovered, about 15 minutes or till thick.

● **Remove lemon.** In a blender container or food processor bowl place *one-third* of the bean mixture. Cover; blend till smooth. Repeat with remaining. Return to pan; heat through.

● **Meanwhile, wrap tortillas in foil;** warm in a 350° oven for 10 minutes.

● **Place about ½ cup** of the bean mixture onto *each* tortilla; fold edges over to cover. Serve with salsa and guacamole or sour cream. If desired, top with chopped tomato and snipped cilantro. Makes 3 main-dish servings.

***Note:** To cook dry beans, in a 4½-quart Dutch oven, combine beans and enough *water* to cover. Bring to boiling; reduce heat. Simmer, uncovered, for 2 minutes. Remove from heat. Cover; let stand for 1 hour. (Or, without cooking, soak beans overnight.) Drain beans and rinse. In the same Dutch oven combine beans and 5 cups *water* or *vegetable broth.* Bring to boiling; reduce heat. Cover and simmer for 1 to 1½ hours or till tender.

Nutrition facts per serving: *503 cal., 13 total g fat (1 g sat. fat), 0 mg chol., 576 mg sodium, 81 g carbo., 7 g fiber, 22 g pro. Daily Value: 37% vit. A, 80% vit. C, 24% calcium, 51% iron.*

continued on page 156

Simply measure out just what you need.



Stove Top® Stuffing in the Canister makes delicious recipes like Peach-Glazed Stuffed Pork Chops simple, because it's easy to measure out a little or a lot. So whether you enjoy it in a recipe or as a side dish, Stove Top® makes meals simply delicious.

You can never get enough Stove Top® stuffing.



Here are five handy freezing tips from Ziploc®

1. Add marinade to the freezer bag while defrosting meat or poultry in the refrigerator. When thawed, it's already seasoned and ready to cook.

2. When cooking frozen or partially frozen meats, reduce oven temperature 25 degrees; cook about 50% longer.

3. Use frozen fruits in punches and cold drinks. They keep drinks cold while adding a refreshing new flavor and texture.

4. Cook thawed vegetables ⅓ to ½ the time of fresh vegetables.

5. Corn on the cob tastes fresher if completely thawed before cooking.

To learn more about freezing, write for our free booklet: *Home Freezing Made Easy*, Dept. 3900-PA, P.O. Box 78980, New Augusta, IN 46278.





Ziploc has the lock on freshness

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VIVA LA GREENS

continued from page 155

VEGETARIAN EATING FOR YOUR FAMILY

The recipes in this story contain no red meat, following one definition of vegetarian eating. But, your family may embrace a stricter definition and exclude fish, poultry, eggs, and dairy products.

No matter which approach you take for vegetarian dining, your family wins by eating more fruits, vegetables, and whole grains—foods that should make up the bulk of your diet. Even so, vegetarian eating isn't always low in fat. To keep fat at a reasonable level in vegetarian meals, follow Chef Briggs' cooking tips on *page 142.*

When you eliminate all animal-based products from your diet, you must plan carefully to ensure a nutritional balance of necessary protein, vitamins, and minerals. For strict vegetarians, intake of such nutrients as iron, calcium, zinc, vitamin B_{12}, and vitamin D can be lower than recommended. Because strict vegetarianism may lack the necessary nutrients needed for growth, this diet is not recommended for children, unless closely supervised by a registered dietitian or someone with a master's degree or doctorate in nutrition and some clinical nutrition expertise.

Children's special needs

Johanna Dwyer, D.Sc., R.D., Director of Frances Stern Nutrition Center at New England Medical Center Hospital in Boston, and Professor at Tufts University Schools of Medicine and Nutrition, has researched children's vegetarian diets for over 20 years. She (along with other experts in the field) recommends that children who don't eat meat adopt a less stringent form of vegetarianism, one that includes dairy products.

Just by consuming dairy products, kids are more likely to get the nutrients their bodies need. It is especially important that children aged [illegible] younger eat regular, not [illegible] dairy products, because [illegible] for calories.

TIMESAVING IDEAS FOR VEGETARIAN COOKING

Because of all the grains, beans, and flavors in vegetarian dishes, they can take time to prepare. To cut your time in the kitchen, try some of these helpful hints:

- **Use your food processor to cut up vegetables such as onions, carrots, potatoes, and sweet peppers.**
- **Shred cheese ahead of time. Freeze or chill it in ½-cup portions so it's ready to use.**
- **Cook beans, grains, and rice in large quantities, then freeze in smaller portions to add to recipes as needed.**
- **Make salad dressings ahead. Oil and vinegar based dressings can stay in the refrigerator for several weeks.**
- **Cook a double batch of pasta; serve half, and refrigerate the rest for another meal. Use the extra pasta for chilled salads, or warm it in the microwave with extra sauce.**
- **Bake any serve-alongs, such as the grits triangles for Hoppin' John with Grits Polenta, the day before serving. Then broil them before mealtime.**



MORE IDEAS FOR VEGETARIAN COOKING

As you look for more delicious ways to cook without meat, look no further than the all-new *Better Homes and Gardens® Vegetarian Recipes* cookbook. To order the book, call 800/678-2665. Or, write to Better Homes and Gardens® Books, P.O. Box 10674, Des Moines, IA 50380-0674. By mail, the 144-page book costs $16.45, which includes shipping and handling. You also can find a copy at your local bookstore. BH&G

STOP FREEZER BURN COLD!



Nothing helps protect your precious foods against freezer burn better than Ziploc.® Because Ziploc brand freezer bags are made thicker to block out the cold, harsh elements. Only Ziploc has a handy write on label and the GRIPPER* Zipper – tough, tiny teeth you can feel locking tight. So you know freezer burn is locked out and freshness is locked in. To learn more about freezing, write for our free booklet: *Home Freezing Made Easy*, Dept. 3900-PA, P.O. Box 78980, New Augusta, IN 46278.

Ziploc has the lock on freshness™

® ™ Trademark of DowBrands L.P. * Trademark of Dowell Fasteners Inc.



Cooking moist, tender, healthy fish is wonderful. Scrubbing the fishy splatters out of the seams and crevices on your range isn't. That's why Tappan created the Scrub-Saver smoothtop electric range. Its upswept design features a large

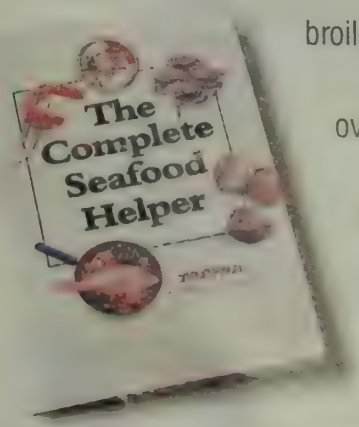


The 10-minute rule...for perfectly done fi
cook for 10 minutes per inch of thickness

The Tappan Scrub-Saver™ Electric Range. Finally, A Range That Doesn't Catch Fish.

seamless glass cooktop that simply can't catch and hide splatters. Plus, unlike other ranges, the cooktop is made of a special ceramic that's virtually impossible to stain or crack. And whether you're sautéing, poaching, baking or broiling, our even-heat elements and automatic self-cleaning oven won't leave fish overcooked at one end and raw at the other. Tappan Scrub-Saver electric and gas r

Designed for people who love to cook. By people who feel the same.



Learn how to buy, store, season, and cook a wide variety of ocean and fresh-water seafood with "The Tappan Cook's Helper" series. For your free copy and the [illegible] of your nearest Tappan dealer, call 1-800-537-5530.

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For The Love Of Cooking™

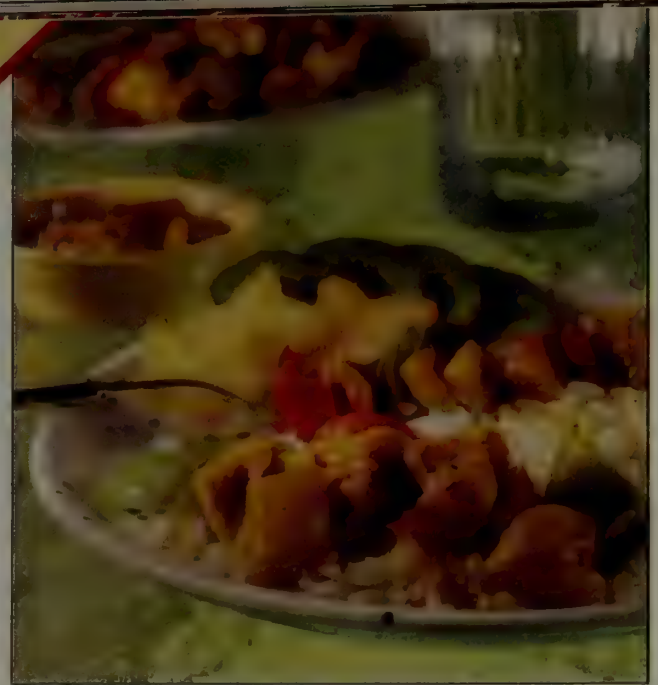
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WIN $ MONEY FOR YOUR RECIPE
See Page 162 For Details

...RIZE
TESTED
RECIPES®

MICROWAVE CHICKEN DINNERS

File under Poultry
May, 1993



$200 WINNER *Norma J. Keleher, Pacific Grove, Calif.*

CHICKEN KABOBS WITH LIME AND CHUTNEY SAUCE

Norma jazzed up a jar of chutney to make a kabob marinade with winning flavor—

- ¾ lb. skinless, boneless chicken breast halves
- 1 8½- to 9-oz. jar chutney (about ¾ cup), snipped
- 2 Tbsp. lime juice
- 4 tsp. olive oil *or* cooking oil
- 2 tsp. curry powder
- 1 large mango *or* papaya, seeded, peeled, and cut into 1-inch pieces (about 2 cups) *or* one 15-oz. jar mango slices, cut into 1-inch pieces
- 2 medium red *and/or* green sweet peppers, cut into 1-inch pieces
- Hot cooked rice (optional)
- Sliced kiwi fruit and star fruit (optional)

Rinse chicken; pat dry with paper towels. Cut chicken into 1-inch chunks. Set aside.

In a medium bowl stir together chutney, lime juice, oil, and curry powder. Stir in chicken pieces. Cover and refrigerate 2 to 4 hours.

On eight 6-inch wooden skewers, alternately thread chicken pieces with mango or papaya and sweet pepper. Arrange skewers in a 2-quart rectangular baking dish. Brush with any remaining marinade mixture. Cover with waxed paper. Micro-cook on 100% power (high) for 6 to 7 minutes or till chicken is no longer pink, turning dish and rearranging kabobs once. If desired, serve with hot cooked rice. Garnish with sliced fruit, if desired. Makes 4 servings.

Note: Recipe is not recommended for low-wattage ovens.

Punch along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE
TESTED
RECIPES®

CHILLED SOUPS

File under Soups & Stews
May, 1993



$200 WINNER *Mary Anne Scarr, Oakland, Calif.*

TROPICAL FRUIT SOUP

For a special spring celebration, serve this fruit soup as a refreshing first-course appetizer or as a luscious light dessert—

- 2 cups cubed cantaloupe, papaya, mango, *and/or* guava
- 1½ cups cubed pineapple
- ¾ cup guava, papaya, *or* pear nectar
- 2 tsp. snipped fresh mint
- ¾ cup lime-flavored seltzer water, chilled
- Sliced strawberries (optional)
- Mint leaves (optional)

In blender container or food processor bowl combine *half* of the fruit, *half* of the nectar, and *1 teaspoon* of the mint. Cover; blend or process till smooth. Transfer to a large bowl. Repeat with remaining fruit, nectar, and mint; add to pureed fruit in bowl. Cover; chill 4 to 24 hours. Just before serving, stir in seltzer water. Ladle into bowls. Garnish with sliced strawberries and mint, if desired. Makes 4 servings.

Nutrition facts per serving: *83 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 20 mg sodium, 21 g carbo., 2 g fiber, 1 g protein. Daily Value: 33% vit. A, 74% vit. C, 5% iron.*

PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

CHILLED SOUPS



$100 WINNER *Laura Sabo, Portland, Oreg.*

CHILLED SPANISH SOUP

The tangy sour cream, roasted sweet peppers, and heat of the chili peppers complement each other deliciously in this soup. Serve it as the first-course to a spicy supper—

- **1 14-oz. can artichoke hearts, drained**
- **1 cup roasted red sweet peppers, drained**
- **1 cup salsa**
- **1 Anaheim chili pepper, seeded and chopped (about ¼ cup) *or* one 4-oz. can diced green chili peppers, drained**
- **1¼ cups dairy sour cream**
- **⅛ tsp. ground cumin**
- **⅛ tsp. black pepper**
- **4 cups chicken broth**
- **Dairy sour cream (optional)**
- **Milk (optional)**
- **Thinly sliced jalapeño pepper (optional)**

Combine the artichokes, red peppers, salsa, and chili pepper. Place *half* of the mixture in a blender container or food processor bowl. Cover and blend or process till smooth. Transfer mixture to a large bowl. Repeat with remaining artichoke hearts, red peppers, salsa, and chili pepper. Add sour cream, cumin, and black pepper to blender. Cover and blend or process till mixture is smooth. Add to pepper mixture in bowl. Stir in broth. Cover and chill 2 to 24 hours. To serve, divide soup among eight small bowls. If desired, thin additional sour cream with a little milk; dollop onto each serving. Garnish with jalapeño pepper, if desired. Makes 8 side-dish servings.

Nutrition facts per serving: *127 cal., 9 g total fat (5 g sat. fat), 16 mg chol., 560 mg*

Clip along here and file punched pages in your *New Cook B*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

MICROWAVE CHICKEN DINNERS

File under Poultry
May, 1993



$100 WINNER *Maureen Valentine, SeaTac, Wash.*

QUICK CHICKEN MOLE

Mole (pronounced MO lay), a classic Mexican sauce, usually contains tomatoes, chili peppers, and chocolate. Just a little cocoa lends richness to this sauce—

- **2 tsp. unsweetened cocoa powder**
- **1½ tsp. chili powder**
- **½ tsp. ground cumin**
- **½ tsp. dried oregano, crushed**
- **¼ tsp. salt**
- **1 8-oz. can tomato sauce**
- **¼ cup finely chopped onion**
- **3 cloves garlic, minced**
- **1 lb. skinless, boneless chicken breast halves, cut into bite-sized strips**
- **1 4-oz. can diced green chili peppers, drained**
- **Toasted sliced almonds (optional)**
- **Flour tortillas *or* hot cooked rice**
- **Chopped tomato, shredded lettuce, and sliced avocado (optional)**

In a 1½-quart microwave-safe casserole combine cocoa powder, chili powder, cumin, oregano, and salt. Stir in tomato sauce, onion, and garlic. Micro-cook, covered, on 100% power (high) for 2 to 3 minutes or till mixture is bubbly around edges, stirring once. Stir in chicken and chili peppers. Cover; cook on high for 8 to 10 minutes (10 to 12 minutes for low-wattage ovens) or till chicken is tender and no longer pink inside, stirring every 3 minutes. Garnish with almonds, if desired. Serve with warm tortillas or hot cooked rice, tomato, lettuce, and avocado, if desired. Makes 4 servings.

Nutrition facts per serving: *253 cal., 5 g total fat (1 g sat. fat), 59 mg chol., 700 mg sodium, 2 g fiber, 25 g carbo., 26 g pro. Daily Value: 29% vit. A, 29% vit. C, 11% calcium, 10% iron*

lake my own jam? Now I can!



You won't believe how easy strawberry jam can be. Just follow the Sure•Jell® 3-step recipe below. Or for jam with 1/3 less sugar, use Sure•Jell Light® and the easy recipe inside its box. Now you can make homemade jam, no experience necessary.



SURE•JELL® 3-Step Strawberry Jam Recipe

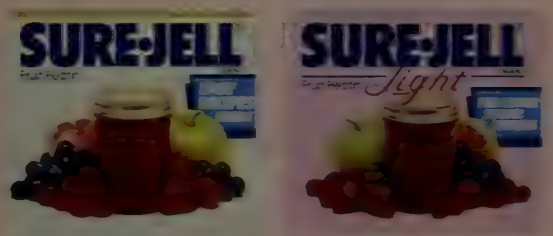
STIR
thoroughly in large bowl
2 cups crushed strawberries
(buy 1 quart fully ripe strawberries)
4 cups sugar
Let stand 10 minutes, stirring occasionally.

MIX
in a small saucepan
1 box SURE•JELL® Fruit Pectin
3/4 cup water
Bring to boil over high heat, stirring constantly. Continue boiling and stirring 1 minute.

STIR
pectin mixture into fruit mixture. Continue stirring 3 minutes. (A few sugar crystals may remain.) Fill plastic containers to within 1/2-inch of tops; cover. Let stand at room temperature 24 hours. Jam is now ready to use. Makes about 5 (1-cup) containers.

Store in refrigerator or freeze extra containers. Thaw in refrigerator.

Important: Measure sugar and fruit exactly; do not change amounts or jam will not set properly. A potato masher works best for strawberries.



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NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein will help you keep tabs on what you eat.

You can also check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Value. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

The analysis is calculated using two-percent milk, unless otherwise specified in the ingredients.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient choices appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines below suggest the levels of nutrients that moderately active adults should strive for each day:

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

There's no real harm in going over or under these recommended guidelines in any single day, but it is a good idea to aim for a balanced diet over time for good health.

WIN MONEY AND PRIZES

IN THE BETTER HOMES AND GARDENS®
PRIZE TESTED RECIPES® CONTEST!

TWO $200 WINNERS • TWO $100 WINNERS
SIX HONOR ROLLS
ALL WINNERS RECEIVE ONEIDA CANDLESTICKS

How would you like to win cash and new products for your home? Just send your original recipes to our Prize Tested Recipes Contest. Each month, we ask you to send us recipes that fit the two recipe categories listed on this page. Then, seven months later, we feature the four top recipes on the Prize Tested Recipes pages.

THIS MONTH'S WINNERS

(See pages 159 and 160)

All winners received PYREX COOKWARE.

$200 Winners: Norma Keleher, *Pacific Grove, Calif.*
Mary Anne Scarr, *Oakland, Calif.*
$100 Winners: [illegible], *Portland, Oreg.*
Maureen Valentine, *SeaTac, Wash.*
Honor Roll Winners: A. Y. Atoulikian, *Parma, Ohio;* Mildred Bickley, *Bristol, Va.;* Susan Douglas, *Falls Church, Va.;* Margaret Pache, *Mesa, Ariz.;* Mrs. Una Prunapeau, *Hampton, N.H.;* Gladys C. Tr[illegible]

HINTS FOR THIS MONTH'S CATEGORIES

Elegant Entrées: When you want to "wow" your dinner guests, what creative main dish do you serve? Do you dress up meat or poultry with a one-of-a-kind sauce or marinade? Can your dish be partially prepared ahead?

Holiday Breads: Send in your original recipe for a distinctive yeast bread, muffin, coffee cake, or fruit or nut bread. Do you use holiday ingredients such as cranberries? Perhaps you start with a convenience product.

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees affiliates, subsidiaries, and families. **2.** With each entry, type or print name, address, and recipe marked "December Elegant Entrées" or "December Holiday Breads." Specify ingredient brands and recipe origin. **3.** dress recipes to 9312 Food Dept., Better Homes and Gardens, Des Moi IA 50309-3023. **4.** Postmark all entries by May 31, 1993. **5.** Winners be selected about 60 days later, then notified by mail. **6.** Entries mus original, and will be judged on creativity, taste, and practicality by BH editors. **7.** Entries will not be returned. All copyright rights of win recipes belong to Meredith Corp. We reserve the right to adjust win recipes. **8.** Entry constitutes permission to use winner's name and homet name for editorial and promotional purposes.



REAL BACON CAN HEAT UP ANY ICEBERG.

Salads are much more flavorful when you add the great taste of Hormel Real Bacon Bits and Hormel Real Bacon Pieces. And, they can do wonders for casseroles, baked potatoes, omelets, pizza, you name it. So try some on your creations today. Our suggestions are just the tip of the iceberg.



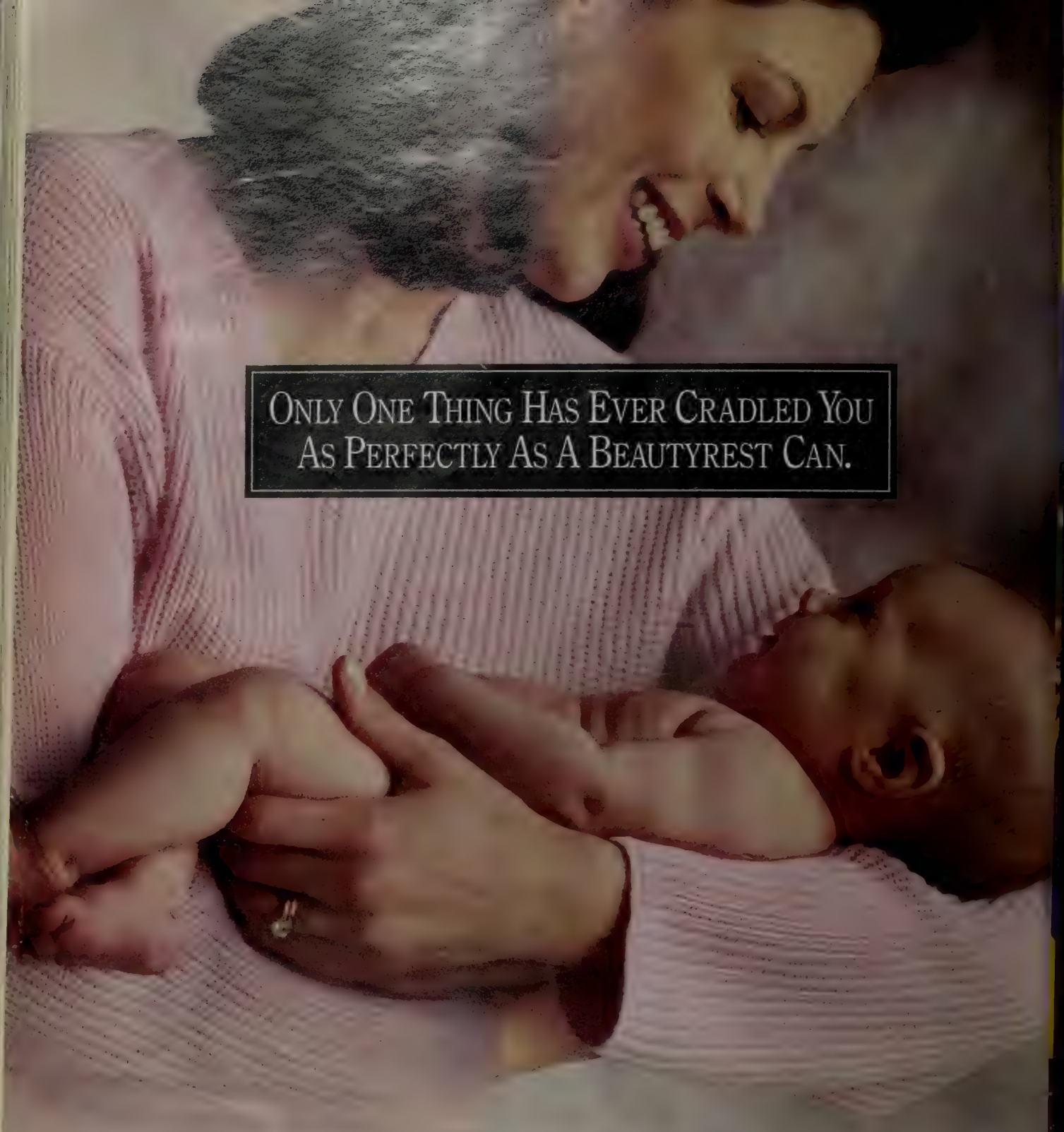


REAL BACON ADDS REAL TASTE.™

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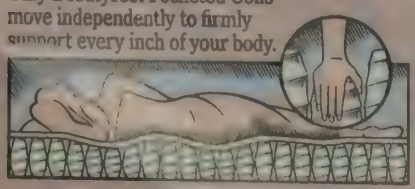
THERE'S NO LIFE LIKE FOOD THIS GOOD!



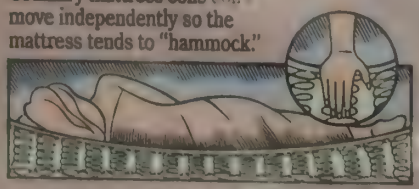
ONLY ONE THING HAS EVER CRADLED YOU AS PERFECTLY AS A BEAUTYREST CAN.

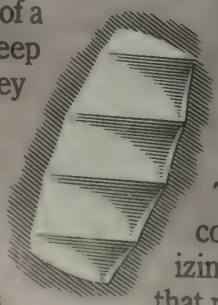
You never outgrow the need for perfect body support. And nothing comes close to the perfect support of a Beautyrest® Sleep System. The key is the unique action of Beautyrest's revolutionary *Total Contour*™ Pocketed Coils. Unlike all other innerspring coils which are joined at the top and bottom

Only Beautyrest Pocketed Coils move independently to firmly support every inch of your body.

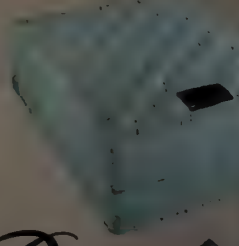


Ordinary mattress coils are joined so they move independently so the mattress tends to "hammock."





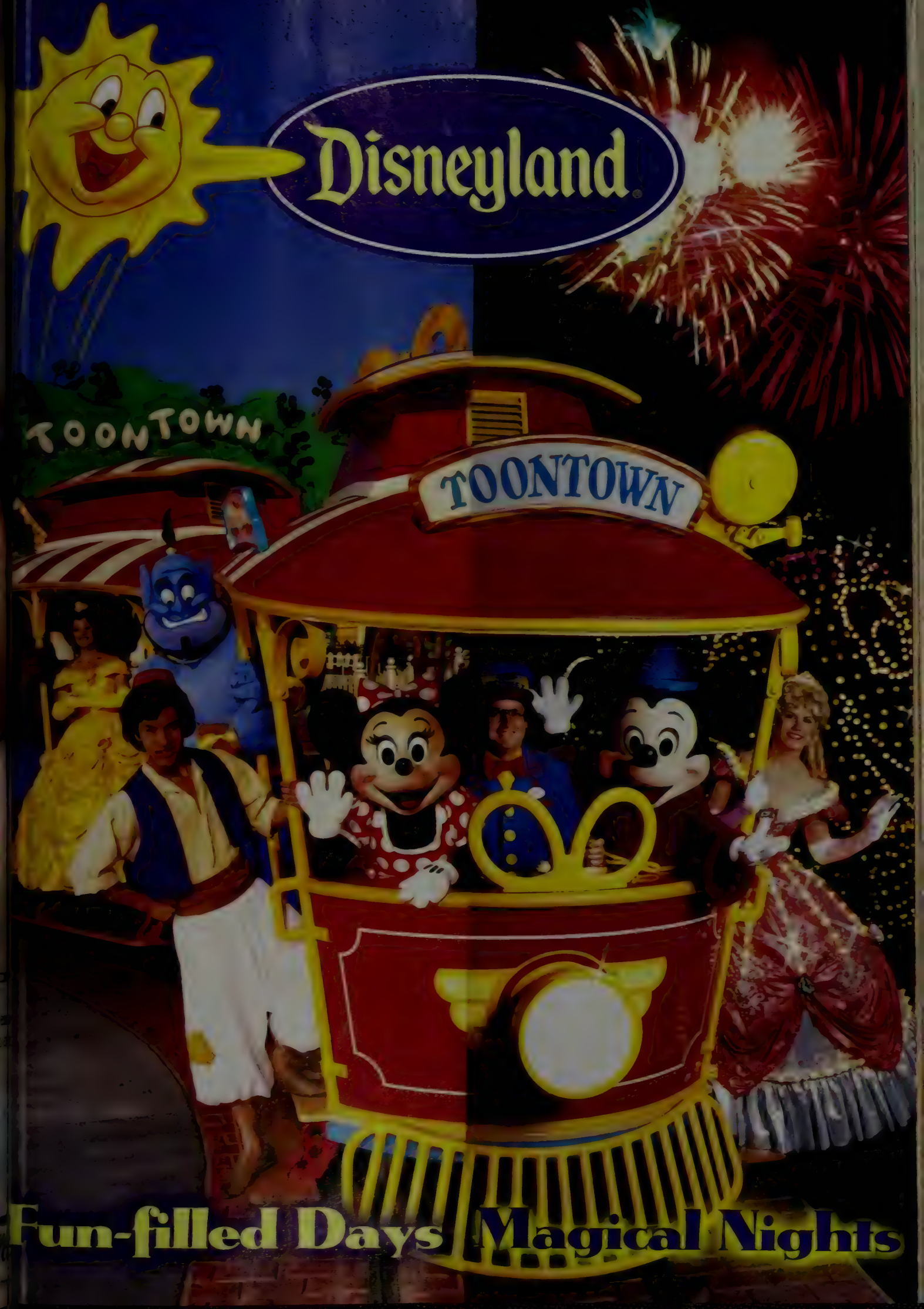
Beautyrest Pocketed Coils are joined only in the mi This prevents them from being affected by pressure on surrounding coils and allows ea one to move independently...so every inch o your body is cradled with perfect support. The result is a uniquely comfortable and revitalizing sleep experience that no other mattress can provide. Don't settle for anything less. Get a Beautyrest. And sleep like a baby. Again.

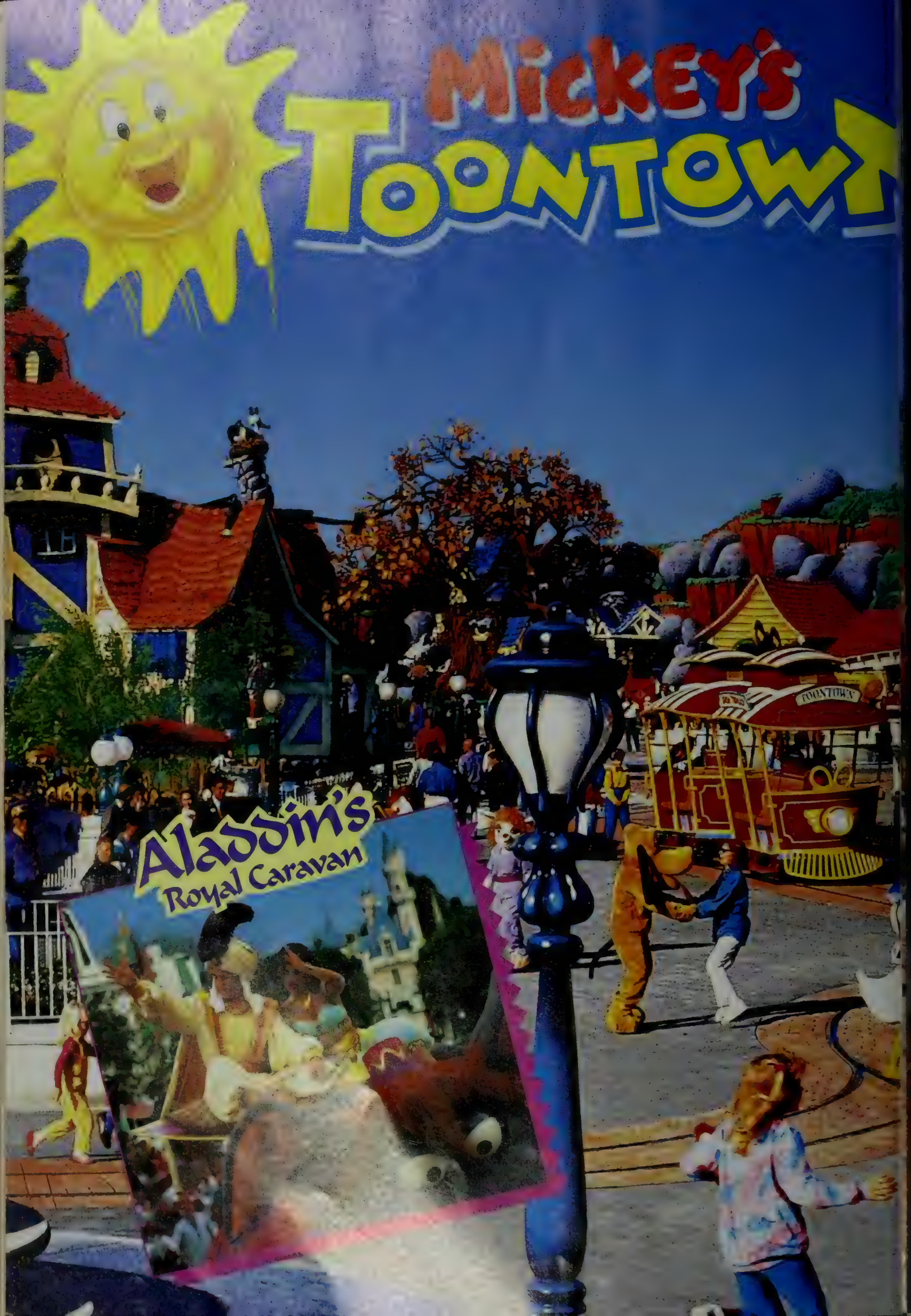


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TOONTOWN
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Mickey's
Toontown
Aladdin's
Royal Caravan

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Some shows and parades weekends only in spring, nightly through summer. Attraction and entertainment schedules subject to change.

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ON THE BANDBOX
Clutter busters to craft



Hide your treasures behind colorful blooms. Choose some with light backgrounds, some with dark, and vary the sizes of the prints from mini to maxi.

Move it on out, pardner. Like saddlebags, bandboxes can carry your gear anywhere you need it. Try leatherlike cotton prints, suedes, plaids, and prints.



PHOTOGRAPHS: MAYO STUDIOS. DESIGN: DONNA LANG

To rid your rooms—and even your closets—of clutter, join the crowd and jump on our bandboxes. Since they sit pretty and are meant to be seen, bandboxes don't take up valuable closet space. This *Better Homes and Gardens*® Designs with Simplicity glue-it-yourself pattern will help you easily store more—and do it with style. Instructions include round, oval, and rectangular bandboxes, and each can be made in three sizes. To achieve just the look you want, select fabrics carefully. Here are several ideas for choosing fabrics to create a style.

We've pictured two style ideas above, but the bandboxes adapt well to other styles. For example, give yourself gifts of gold. Store treasures in bandboxes covered with velveteen, brushed corduroy, or suede. Then, trim with gold braids, ropes, and tassels to create classic beauties.

Or, make a little romance. Take nostalgia to the limit and stow everything from hankies to hats under lace. First, cover boxes with an under layer of plain white or colored cotton. Then, top with eyelet or another sturdy lace. Or, to avoid gluing two layers, use fabrics printed with lace.

To purchase *Better Homes and Gardens*® Designs with Simplicity bandbox pattern No. 8031, go to your fabric store *or* send $7.95 plus $1.00 shipping (Canadian residents, please send $1.25—in U.S. funds only—for shipping) to: Simplicity Patterns, *Better Homes and Gardens*® Designs, P.O. Box 4005, Niles, MI 49120-7005. Please make your check or money order payable to: Simplicity Pattern Company. This offer expires *September 30, 1993.* Please allow four to six weeks for delivery. BH&G

MORE FAVORITE FAMILY RESORTS

For an explanation of the activity symbols, see *page 168.*

KAH-NEE-TA

Dept. BHG, Box K, Warm Springs, OR 97761; 503/553-1112; in Oregon, 800/554-4SUN

In the resort business where all too many establishments tout themselves as "unique," Kah-Nee-Ta really is. What makes it so is that it succeeds in thoroughly pleasing a wide range of vacationers with different tastes and different depths of pocket.

Owned and largely staffed by the confederated Indian tribes of central Oregon's Warm Springs Reservation, its dramatically futuristic lodge, crouched fortresslike atop a hill, looks out on a high-desert oasis dotted with juniper and sage. Counterpointing the lodge accommodations is a close-by circle of tepees for guests who prefer to rough it at about one-fifth the per-person price of the hotel.



KAH-NEE-TA RESORT

At Kah-Nee-Ta Resort, tepees provide unique lodging that children adore.

In the Warm Springs River Valley a few hundred feet below, excellent two-bedroom family cottages with kitchens are grouped around a busy double-Olympic-size pool that's fed by mineral springs. Nearby you find an RV park. Foods are equally diverse—from Indian salmon bakes and fry bread to Western barbecues—as is the entertainment—Top-40 and Native American dances.

There are rainbow trout in the stocked river, inflatable-kayak float trips on it, and a fine golf course alongside it. Summer is the most pop-

continued on page M5

TRAVEL PLANNING

See *page M3* for a listing of free travel information and literature you can order.



FREE TRAVEL INFORMATION

(ADVERTISEMENT)

The Better Homes and Gardens® travel advertisers listed below will provide you with free information about their facilities and services. Circle the numbers for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers. If the coupon has been used, send your list of the numbers to Better Homes and Gardens, 1716 Locust St., Dept. 305W, Des Moines, IA 50309-3023.

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Lake Havasu—Enjoy fun & sun with golf, tennis, water sports, the famous London Bridge. 800/2-HAVASU.

CALIFORNIA

Tahoe North—Call for a beautiful 4-color travel planner. 1-800-TAHOE-4-U.

CANADA

Tourism Quebec, Canada—For information & reservations—1-800-363-7777, operator 030 & receive free summer holiday brochure.

Saskatchewan, Canada—Discover an extraordinary variety of affordable family vacations. Free 128-page travel planner.

COLORADO

Colorado Vacation Kit—144 pages of colorful photos, colorful comments and information, just call 1-800-COLORADO, extension 139.

CONNECTICUT

New England Treasures & Pleasures—Steam train, riverboats, plane rides, castle, opera house, museums, antiques, fairs, farms. 1-800-486-3346.

Housatonic Valley—Shopping, jazz, brunches, museums, children's activities, country inns & hotels, special events & packages. 1-800-841-4488.

CRUISES

Consolidated Cruises—CRUISE ONLY agency representing all major cruise lines. For Cruise Specials and Best Buys Available 1-800-SEA-BOAT.

DUDE RANCHES

Dude Ranchers' Association—16-page flyer, 108 authentic western dude ranches fully described. Association members plush to rustic.

FLORIDA

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Disneyland—The Happiest Place on Earth is saving a place for you. A free full-color Travel Guide has details.

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Lee Island Coast—Southwest Gulf Coast of Florida. Sanibel & Captiva Islands, Ft. Myers area. 800-533-7753, Ext. 152.

Come to Kissimmee-St. Cloud—for value, location, and Central Florida's best attractions. 1-800-327-9159.

Oceans Eleven Resorts—Daytona Beach Florida. 4 quality oceanfront hotels. Call 1-800-874-7420.

Okaloosa County—NW Florida's Emerald Coast!—With 24 miles of sugar-white beaches you'll have to see—It's Simply Irresistible. Call 1-800-322-3319.

Orlando!—Save hundreds on your vacation! Call 1-800-487-4352 for your FREE ORLANDO MAGICARD™ and Official Visitor Guide.

20. **Polk County, FL Tourist Development**—Central Florida Convention & Visitors Bureau. 1-800-322-8263.
21. **Radisson Inn Maingate**—1 mile to Walt Disney World® Resort. Reservations 800-333-3333.
22. **The Sarasota Area and Its Gulf Coast Islands**—Visit the relaxing side of Florida. Enjoy sunshine and serenity on the world's whitest beaches. 1-800-522-9799.
23. **Universal Studios Florida**—Enjoy over 40 rides, shows and attractions. No one makes believe like we do.
24. **Vacation Villas USA—Disney/Epcot Area Condominiums & Homes**—2 & 3 Bedroom units. Fully equipped kitchens. Off hwy. 192 in Kissimmee. 1-800-633-1053.

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25. **Callaway Gardens Resort**—70 miles south of Atlanta. Golf, tennis, hike, swim, bike, fish or relax 800-282-8181.
26. **Jekyll Island**—Beach, golf, tennis, waterpark, historic tour. Variety of lodging. 1-800-841-6586.

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27. **Aston Condominium Resorts**—Suites with separate bedrooms, complete kitchens, daily maid service.

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28. **Eagle Ridge Inn & Resort**—Family resort in Galena. Golf, tennis, sailing, family activities with kids program. Call 800-892-2269 for brochure.
29. **Jumer's Casino Rock Island**—Paddlewheelin' Riverboat on the Mississippi River. Quad Cities, USA. (800) 477-7747.
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31. **Springfield, Illinois**—The City Lincoln Loved. FREE Family Vacation Planning Packet. 1-800-545-7300.

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33. **Brown County**—Historic village of over 300 craft shops, art galleries, and antique stores. Country inns, resort hotels, golf, great food. Free brochure.
34. **The Children's Museum of Indianapolis**—Hands-on museum: history, foreign cultures and the arts. Water clock, Planetarium, and carousel.
35. **Discoveries Are Constant in Columbus, Indiana!**—Awesome architecture, great golf, fun festivals, and so much more! Call 1-800-468-6564.
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37. **Northern Indiana Amish Country (Elkhart)**—Rest and relax in Country Inns, museums, restaurants & shops. 1-800-262-8161 for free Visitor Guide.
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41. **Lake County Tourism**—Free brochure. Beaches, entertainment, shopping, festivals, sightseeing. 1-800-255-5253.
42. **LaPorte County**—Along the southern shore of Lake Michigan with beaches, museums, theatre, antiquing, outlet shopping. 1-800-634-2650.
43. **Porter County**—Year-round recreation on Lake Michigan. Shops, fishing, hotels, restaurants, B&B & more. 1-800-283-TOUR.
44. **South Bend/Mishawaka**—Notre Dame, Studebaker Museum, Amish Country, Shopping, East Race Water Course, museums, golf, fishing. 1-800-462-5258.

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47. **Abilene**—Eisenhower Center, Greyhound Hall of Fame, Museums, Old Town, Mansions, Antique & Specialty Shops. 300 Motel Rooms. Travel Packets.
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56. **Kansas Tourism Div.**—Free award winning travel incentive guide features old west, historic trails and off-of-the interstate travel highlights.
57. **Larned Tourism Committee**—Relive history, Fort Larned, National Historic Site, Santa Fe Trail Center, Central States Scout Museum. Open year around.
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(Continued)

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67. **Big South Fork Scenic Railway—Stearns, KY**—Excursion to the Nat'l. Park's historical museum at Blue Heron. 1-800-GO ALONG Ext. 2.

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81. **Missouri Department of Natural Resources**—For information about Missouri State Parks and Historic Sites, call 1-800-334-6946.

82. **Springfield**—Gateway city to Ozark Mountain Country. Free Visitors Guide, discount coupons. 35 miles from Branson

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123. **South Dakota Tourism**—Great Faces. Grea[illegible] Places. Mt. Rushmore, Black Hills, history, adventure. Free travel packet.

TEXAS

124. **San Antonio's Historic Menger Hotel**—At [illegible] River Walk. Restored 1859 section, historic r[illegible] rabilia displayed. Family packages. (800) 34[illegible]

125. **Texas is like a whole other country**—To see [illegible] 1-800-8888-TEX for 284-page TEXAS Travel b[illegible]

VERMONT

126. **Marble Island Resort**—93 acres lakefront p[illegible] golf, tennis, marina, water toy rentals & more[illegible] 331-2093.

127. **Smugglers' Notch**—Fun for Kids, Freedom f[illegible] Parents, Guaranteed at America's #1 Family [illegible] 1-800-451-8752.

128. **Tyler Place**—Babies, kids and romance too[illegible] Vermont's famous family resort on Lake Cha[illegible] 802-868-3301.

VIRGINIA

129. **Fredericksburg, VA**—Washington's boyhoo[illegible] 50 miles south of DC. A town that remembe[illegible] America was young. 1-800-678-4748.

130. **Virginia**—Send for a free book full of histor[illegible] ture and romance. 1-800-248-4833.

131. **Virginia Beach is Good, Clean, Fun**—Call free 16-page color vacation planner. 1-800-V[illegible] BEACH. (1-800-822-3224).

WASHINGTON

132. **Washington**—Send for your free spring/sui[illegible] travel kit for Washington State.

WASHINGTON, D.C.

133. **Hotel Washington**—Near White House. Ch[illegible] parents $76, restrictions apply. Walk to neart[illegible] monuments, Smithsonian, shops. (800) 424-[illegible]

WEST VIRGINIA

134. **Coolfont, Berkley Springs**—Complete res[illegible] award-winning fitness center & spa, indoor [illegible] dining. 2 hrs. from D.C. 1-800-888-8768.

135. **Travel West Virginia**—Discover the Welcom[illegible] of West Virginia. Official State Travel Guide, 176 pages of information. 1-800-CALLWVA.

WISCONSIN

136. **Wisconsin Dells**—Guide plus 20% coupo[illegible] pages, tours, Indian experiences, waterpar[illegible] accommodations, campgrounds. 800-22-D[illegible] Ext. 199.

continued from page M2

ular season, but spring and fall bring delightfully dry and sunny weather.

Mid-May–mid-October, two-bedroom cottages: $100; tepees: $45 up to five people; hotel rooms: from $106; kids under 7, free; over 7, $12. Packages available.

LOEWS VENTANA CANYON RESORT

7000 North Resort Dr., Dept. BHG, Tucson, AZ 85715; 800/234-5117, 602/299-2020

Ancient Indian cliff dwellers come to mind as you approach this 400-room resort, which blends so magnificently into its mountain desert setting. Embraced from behind by canyon walls in the Catalina Mountains outside Tucson, the resort's stone exterior harmonizes with the changing light from dawn to dusk, and the shadows of giant saguaro cacti swivel with the progressing hours. Rabbits and roadrunners greet an early morning jogger on the fitness trail, which starts near the spa and tennis courts and winds along the fairways of a gorgeous, championship golf course. First-rate artwork and a handsome decor throughout reflect the Sonoran desert setting. There are two pools, a croquet green, rental bikes, and a nightclub for dancing, plus horseback riding nearby. Hikers can explore the canyon behind the hotel, which runs along the cascading waterfall that serenades poolside guests.

A Friday and Saturday program entertains kids ages 3–12 from 10 a.m.–4 p.m. ($30, including lunch; discounts for siblings).

You'll enjoy a variety of foods presided over by prizewinning executive chef Werner Albrecht, including gourmet dishes in the Ventana Room and a choice of less-formal fare in three other restaurants. There is afternoon tea, plus a new "Taste on Tour" series Friday and Saturday nights—lavish buffets with varied themes throughout the year, like Latin Favorites (May 28–September 6; $14).

June 1–September 6, doubles: $105–$125. High season (January 14–May 31): $285–$325. Golf, tennis, and "Celebration" packages.

NORTHSTAR AT TAHOE

Box 129, Dept. BHG, Truckee, CA 96160; 916/562-1010

Keeping two chair lifts running after the snows have melted, Northstar, one of the Sierra Nevada's top ski resorts, becomes a summer mecca for mountain sports. The lifts, with hooks for mountain bikes behind the backrests, hoist you to many miles of high trails whose panoramas sweep across the summits from northern California into Nevada. Between bike or foot outings in these lofty wilds, you play around the big, busy pool next to the lift base. If you or your kids want special excitement, there's a supervised "challenge course" in the piny woods nearby where you can test your sense of adventure with such feats as sliding down from trees on ropes.



DAVID MADISON/NORTHSTAR

Guests at Northstar enjoy horseback riding through scenic Martis Valley.

Hotel-type rooms, without room service, are available at lift base. A better choice for families is to stay in one of the comfortable condos (with kitchens) scattered over Northstar's 2,500 mountainside acres. A shuttle bus circulates around the property so you can send kids off on their own.

In summer, condos: $104–$153; rooms: from $80. Packages. BH&G

—By George S. Bush and Margaret Daly

TRAVEL DIRECTORY

VACATION INFORMATION IDEAS TRIPS AND PLACES TO STAY

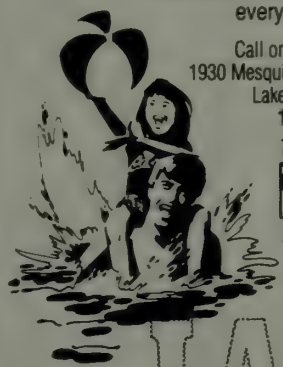
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1930 Mesquite Ave., Suite 3-BH
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Tahoe North Visitors & Convention Bureau

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COOKING WITH FRESH GINGER



SCOTT LITTLE

Look on fresh ginger as the chameleon of spices. This assertive root is at home in the fieriest of stir-fries and the sweetest of gingerbreads. While ground ginger makes a good substitute in a pinch, nothing beats the flavor of the freshly grated root. To see for yourself, pick up some fresh ginger and try some of our easy ideas.

USING FRESH GINGER

- Wrap whole gingerroot in paper towels and store for up to a month in the refrigerator.
- Wrap cut ginger in plastic wrap. Keep in the refrigerator for several weeks. Or, place cut-up ginger in a small jar. Fill with dry sherry, wine, or oil; refrigerate, covered, for up to three months. (Use the liquid in stir-fries or other recipes.)
- Freeze whole or grated gingerroot for up to 3 months. Thawing makes it soft, but still suitable for cooking.
- Leave the skin on gingerroot until you're ready to use it. Then, if you want to peel it, trim the skin from only the portion you will need. You can cut ginger in several ways.
- Grate or mince gingerroot to use in stir-fries, sauces, salad dressings, marinades, and baked foods. Discard the stringy fibers left on the root. A 2x1-inch piece of gingerroot yields about 2 tablespoons of grated ginger.
- Cut or slice gingerroot into slivers for salads, stir-fries, or soups for more intense flavor.
- Slice ginger to flavor sauces, broths, cooking liquids, or beverages. Push a few slices into the meat before cooking.
- If you're short on fresh ginger, substitute ¼ teaspoon ground ginger for each teaspoon of fresh ginger or use an equal amount of bottled ginger.
- Fresh ginger contains an enzyme that breaks down proteins, so it works well in marinades to tenderize meats.
- Another enzyme prevents gels from setting, making fresh ginger unsuitable for use in gelatin mixtures.

Serve Gingered Carrots and Apples with grilled fish, chicken, or pork.

Choose plump, firm gingerroot with light, shiny skin and no soft spots or wrinkles.



GINGERED CARROTS AND APPLES

Grate or cut the gingerroot into slivers for this citrus-flavored side dish—

2 cups bias-sliced carrots
⅓ cup orange juice
2 to 3 tsp. slivered *or* grated fresh gingerroot
2 Tbsp. margarine *or* butter
2 medium apples, cored and cut into ¼-inch-thick slices (4 cups)
1 tsp. sugar
Snipped fresh chives

In a covered skillet cook carrots, orange juice, and ginger in hot margarine or butter for 5 minutes. Add apples; cover and simmer for 2 to minutes or till crisp-tender. Stir in sugar. Top with chives. Serves 4.

Nutrition information per serving: *13 cal., 6 g fat, 0 mg chol., 1 g pro., 21 carbo., 4 g fiber, 92 mg sodium. RDA 263% vit. A, 35% vit. C.*

FRESH IDEAS FOR GINGER

Try a few of these easy ideas for zesty taste of spice.

Salad vinaigrette: Combine ½ cup *salad oil,* ½ cup *white vinegar,* 1 tablespoon *sugar,* and 1 teaspoon grated *fresh gingerroot.* Serve with salads.

Dessert cream: Beat ½ cup *whipping cream* with 2 tablespoons *sugar,* ¾ teaspoon grated *fresh gingerroot,* and teaspoon *vanilla.* Serve over fresh fruit.

Ginger butter: Beat 1 to 2 teaspoons grated *fresh gingerroot* into ½ cup softened *margarine* or *butter.*

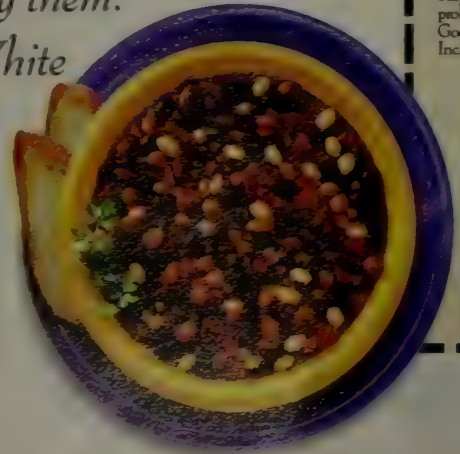
Hot tea: Add a slice of *fresh gingerroot* to tea with *boiling water* for steeping. Remove the ginger before serving.

Waffles or pancakes: For 4 waffles or 12 pancakes, stir teaspoon grated *fresh gingerroot* into the batter.



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No Wild, No Wildlife.

Life in the wild can be pretty tough these days. Without the necessary ancient-forest habitat to live in, some species like the northern spotted owl of the Pacific Northwest are severely threatened.



PHOTO: TOM & PAT LEESON

The northern spotted owl makes its home in the ancient forests of Washington, Oregon and Northern California. Due to the destruction of these forests through decades of heavy logging on both private and public lands, the northern spotted owl is threatened with extinction.

At the Sierra Club, we believe that these owls and the ancient forest ecosystems they depend on need our help. The Sierra Club's work to permanently protect our ancient forests also helps preserve the habitat of the northern spotted owl, giving them the range they need to help their population grow.

To learn more about our work protecting the forest habitats of endangered species such as the northern spotted owl, please write us at:

Sierra Club, Dept. PB
730 Polk Street
San Francisco, CA 94109
(415) 776-2211

WHAT'S THE SCOOP ON DRIED FRUITS?

All dried up and better than ever. Plums, grapes, apples, cranberries, cherries, blueberries, peaches and other fruits make wonderful dried fruits. These flavor-packed gems show up everywhere—in cereals, in snack mixes, and even in singing commercials. But, before you indulge freely in dried fruits, you should know what's in them.

Like their fresh-from-the-tree counterparts, dried fruits contain no cholesterol, very little fat and protein, and a lot of fiber, especially pectin—a type of soluble fiber that acts as a laxative and may even help to reduce blood cholesterol. Some dried fruits are also good sources of iron, potassium, and vitamin A.

On the down side, sulfur compounds may be added to light-colored fruits (apples, peaches, pears) to help retain color. If you're sulfite sensitive, check labels for these words: sulfur dioxide, sodium sulfite, sodium or potassium bisulfite, and sodium or potassium metabisulfite.

A handful of dried fruit is a handful of calories. All of a fruit's nutrients become concentrated into a smaller, easier-to-eat package when the water is removed. To avoid too many dried fruit calories, eat only as much of the dried fruit as you normally would of the fresh alternative.

DRIED FRUIT	CALORIES	DIETARY FIBER (g)
Apples, 5 rings	78	
Apricots, 5 halves	42	
Dates, 5	114	
Figs, 2	95	
Peaches, 5 halves	156	
Pears, 5 halves	230	1
Prunes, 5	100	
Raisins, ⅓ cup		
golden seedless	167	
seedless	165	

EAT MORE TURKEY, DANCE MORE TANGOS.



KEEP YOURSELF HEALTHY AND YOU'LL BE ABLE TO DO THE THINGS YOU ENJOY. WE'D LIKE TO HELP, WITH RECIPES THAT ARE NUTRITIOUS AND LOWER IN FAT. TRY OUR FRESH LEAN GROUND TURKEY, 100% GROUND BREAST MEAT AND BURGER PATTIES. IT'S A STEP YOU'LL BE GLAD YOU TOOK.

MEDITERRANEAN TURKEY MEATBALL SANDWICHES

– MEATBALLS –

1 PKG. (ABOUT 1¼ LB.) THE TURKEY STORE®
PREMIUM FRESH LEAN GROUND TURKEY
¼ CUP CHOPPED ONION
1½ TSP. DRIED OREGANO
½ TSP. EACH DRIED MINT, PARSLEY
AND LEMON PEPPER
1 CLOVE GARLIC, MINCED
1 TSP. LEMON JUICE

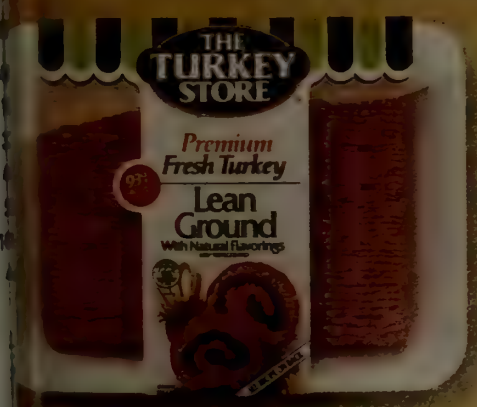
– SAUCE –

½ CUP NONFAT SOUR CREAM
½ MEDIUM CUCUMBER, PEELED AND
FINELY CHOPPED
1½ TSP. LEMON JUICE
⅛ TSP. BLACK PEPPER

3-6" PITA BREADS, CUT IN HALF CROSSWISE
6 LETTUCE LEAVES, TORN INTO PIECES
1 MEDIUM TOMATO, CHOPPED



COMBINE TURKEY MEATBALL INGREDIENTS; MIX WELL. SHAPE INTO 18 (1¼") BALLS. USING SKILLET COATED WITH NON-STICK COOKING SPRAY, COOK MEATBALLS 8 TO 10 MINUTES OR UNTIL BROWNED AND NO LONGER PINK IN CENTER; STIR OCCASIONALLY. COMBINE SAUCE INGREDIENTS. PLACE 3 MEATBALLS IN EACH PITA HALF. ADD LETTUCE AND TOMATO. TOP WITH SAUCE. 6 SERVINGS.



NUTRITIONAL INFORMATION PER SERVING (1/6 OF RECIPE)–CALORIES 264, PROTEIN 25G, CARBOHYDRATE 29G, FAT 7G, CHOLESTEROL 65MG, SODIUM 122 MG.

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BY MICHELLE TIBODEAU

FAMILY ENTERTAINMENT
Easy-care TV room



PHOTOGRAPH: MIKE MORELAND, REGIONAL EDITOR: RUTH L. REITER

Doubling as a playroom and a place to watch TV, this converted porch not only looks great, it's affordable and easy to live with. To jazz up a dull den, team durable, inexpensive sofas, such as these in stain-concealing black, with an easy-care brightly painted floor and breezy white backdrop. White paint spruces up an old table, and open shelves in black make bright toys like sculptures. Dark colors, surrounded by big windows and a white ceiling and walls, help this light practically.

MADE FOR KIDS

- A wide-plank wood floor with several coats of exterior paint makes the surface washable, durable, and easy to touch up.
- A tall coffee table doubles as a game table.
- Lightweight sofas fold out for sleep-overs.
- Black wooden shelves and a black metal wastebasket stylishly corral toys.



Our best conversations were always in the garden. Good thing flowers can't talk.

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Shown: "Flower Arranger," (33044) 8¾" H. For a Golden Memories® catalog, please write to Golden Memories®, Dept. GBH5, 1 Hadrá Drive, Moonachie, NJ 07074.

SUPERMARKET TIMESAVERS
Shopping for shortcut foods



It's 5:30—time for a quick stop at the supermarket on your way home. At the top of your list is anything that'll help get dinner on the table fast. Yes, you *can* do it without stopping at the drive-through of your local fast-food eatery.

Saving time is easy with your supermarket's bevy of easy-on-the-cook food products. Sometimes you may spend a little more money, but probably not as much as buying the same meal ready-made. Ready? Grab your shopping cart to find the best convenience values in your supermarket.

FRESH PICKINGS IN THE PRODUCE DEPARTMENT

Preparing produce chews up kitchen time, so look for:

- Cut up vegetables, such as coleslaw mix or broccoli flowerets. With them, you can make super-fast salads, stir-fries, or pasta dishes. Though the price may be higher, remember—you're not paying for the parts you don't eat.
- Bottled minced fresh garlic, onion, and ginger, or frozen chopped onion. Though they cost more than fresh, you'll find these items go further. Keep them on hand always.

CHOICE MEATS, POULTRY, AND FISH

The thinner the cut, the faster it cooks. At the meat counter you'll find:

- Fully cooked meats, with low-fat or low-sodium alternatives. Stuff them into sandwiches or chop them for pasta or egg dishes, soups, or casseroles.
- Meat and poultry, precut for stir-frying. Besides stir-fries, you can make fast-broiling kabobs, sandwich fillings, or potato toppers.
- Thin chicken and turkey cuts, such as boneless breasts, tenderloins, and steaks. Sauté or broil them with a few seasonings in less than 15 minutes.
- Frozen diced chicken. Use it in any recipe calling for cooked chicken—casseroles, sauces, soups, and salads.
- Frozen shrimp and inexpensive surimi. Try them in salads and sauces.
- Canned chicken, beef, and tuna. Use these sandwich and salad staples in casseroles and sauces, too.

BREADS FROM THE BAKERY

You can have that wonderful fresh-baked flavor and aroma, without ever kneading a thing, by serving:

- Refrigerated bread doughs. Just shape and bake as the pac[illegible]

- Frozen patty shells. Bake and fill with a salad or stew from the deli.
- Refrigerated or frozen pie crusts. Bake and fill with pudding and fruit. Top with whipped dessert topping.
- Garlic loaves. Add meat toppings and veggies, then heat through for a crusty hot sandwich.
- Pizza crusts or Italian bread shells (Boboli brand). Make your own pizzas with pasta sauce, cut-up vegetables, deli meats, and cheese. It's about as fast as take-out or delivery

STROLLING THE AISLES

Some favorite standbys may not be new, but convenienc keeps them on the front line of store shelves.

- Biscuit mix. Besides biscuits, you can make everythin from pizza crusts to shortbread and pancakes.
- Canned soups. They're handy for fast sauces or stir together casseroles.
- Quick-cooking rice mixes. For main dish, add meat and vegetables.
- Pasta. Cook some of the tinier pasta such as couscous, in 5 minutes.
- Nonstick cooking spray. One squi saves the mess of greasing pans.
- Eggs. One of the oldest fast dinne around, they're easy on the pocketboo

THE VALUE OF TIME

How do you choose between convenience and the extra cost? These hints may help:

- **Compare the cost per serving. If a convenience food costs three times more than the from-scratch ingredients, consider whether it's worth the time saved.**
- **Check the cost per pound of meats. Boneless cuts will have less waste than cuts with bones, skin, and trimmable fat.**
- **Use a calculator while shopping, then divide the cost by the number of meals you plan to [illegible]. Is it less than eating out or serving fully prepared foods?**
- **[illegible] coupons and store specials. [illegible]s tend to offer [illegible]venience items.**

DELI FIXINGS

Peer into your deli case and let t ideas flow. Can you transform a sal into a sandwich filling or sliced mea into a casserole? Look for these:

- Cut-up fruit. Puree for a low- sauce or use in salads and desserts.
- Pasta salad. For an entrée, toss w cut-up deli meats and fresh vegetable
- Meats and cheeses. Pair them wit deli relish and soft hoagie rolls homemade submarine sandwiches.

Nouvelle Avocado Half Shell

Super.



Something phenomenal happens when a California Avocado lands on your favorite dish. Seafood takes on a delicious new dimension. Barbecued chicken is elevated to greater heights. And pasta gains a spirit all its own. ¶ But its powers don't stop there.

¶ The California Avocado is also a great addition to a tuna salad or turkey sandwich. And sliced into a BLT, it's out of this world. ¶ Inspire your next culinary creation with a California Avocado.

Natural.

Its only limit is your own imagination.

California AVOCADOS

RIPE WITH POSSIBILITIES.



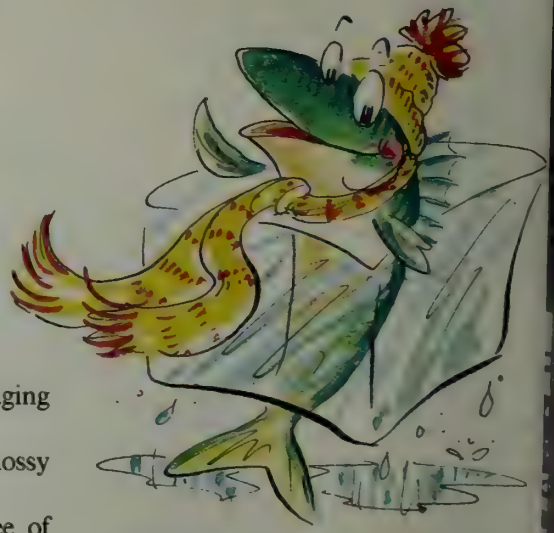
California Avocado Commission

California Avocado Club Sandwich



FOOD

IS 'FRESH' ALWAYS BETTER THAN FROZEN?



Today, fish that's been frozen may actually taste "fresher" than the catch of the day at your local market. Current technology allows fishermen to freeze their catch within hours, preserving top quality until the fish reaches your kitchen. In comparison, nonfrozen fish could be several days old before you purchase and eat it.

So, instead of worrying whether fish has been frozen, learn to judge the quality of frozen and fresh fish, then choose what looks best. Find out which fish marketers you can rely on for high-quality fish and for good answers to your questions.

In frozen fish, look for:

- tight and undamaged packaging that's free of frost buildup
- solidly frozen fish that have glossy cut surfaces
- evenly colored flesh that's free of white patches or freezer burn
- a mild scent or absence of odor
- breaded products that are evenly coated
- fish stored in freezers with doors rather than in open freezer cases

In nonfrozen fish, look for:

- firm, shiny skin that's bright and metallic looking
- scales that tightly adhere to the fish
- bright red or pink gills
- mild ocean or fresh seaweed scent or absence of smell (avoid an ammonia-like odor)
- bright and clear eyes with full, black pupils and translucent corneas (avoid bloody or sunken eyes)
- fillets or steaks with soft, moist flesh

New IncrediBites!™ What took 'em so long?"

"Here's a great little snack the whole gang will love. IncrediBites. Wholesome granola and delicious taste in one little bite. Seems simple enough. So, what took 'em so long?"



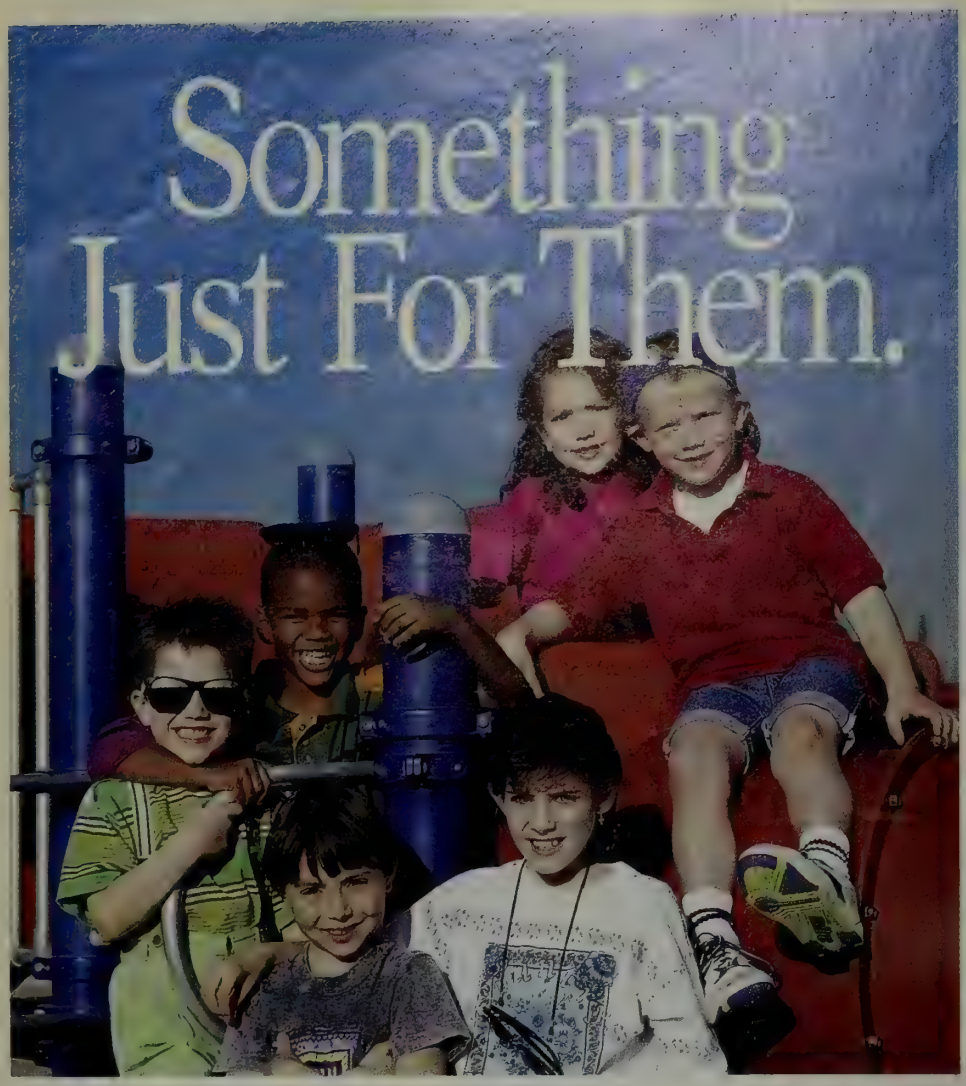


Crunchy bite-size granola sandwiches in three lip-smackin' flavors. Luscious chocolate, tasty peanut butter, delightful vanilla creme.



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GLOSSARY OF CARPET TERMS

Know these terms and what they mean before you shop for carpet:

Berber: coarse yarns with flecks of color on a solid ground—now made from synthetic fibers as well as wool.

Cut pile: either a luxurious, dense, low-cut plush that shows foot prints in the nap or a less dense textured pile that masks traffic patterns.

Loop pile: durable, hard-wearing surface with level or multilevel (high and low) loops. Short loops help to keep soil and spills on the carpet surface.

Ply: number of strands twisted together to form a single yarn. The higher the number, the better the quality.

Twist pile: cut pile with twisted yarns to help retain carpet appearance.

For the free pamphlet "The Du Pont Complete Book of Carpeting," call 800/438-7668.

WHAT TO LOOK FOR IN VINYL FLOORING

Easy on the decorating budget, resilient (or vinyl) flooring is simple to clean and looks great for years. Check for these features when you shop.

Sheet vinyl flooring costs $5 to $35 per square yard. Most cushion the feet and muffle sound because sheet vinyl designs are printed over a foam cushion base. Make sure a clear vinyl layer covers the surface. Manufacturers add it for durability and shine—it protects the pattern and color from traffic and normal use.

Some manufacturers also mix vinyl chips into this top layer. According to Jennifer Riddell of the Resilient Floor Covering Institute, this process known as inlaid, adds toughness. For a more textural look (without the extra durability of inlaid vinyl), color inlaid styles have the pattern built into the surface using tiny color granules.

The most durable, most expensive sheet vinyls have thicker urethane top coats for a high-gloss finish.

Vinyl tile ranges from $1 to $10 per square foot. Tiles offer more variety because you can create custom looks using accent color tile, borders, and insets. Most printed vinyl tile is coated with a protective wear layer but doesn't contain a foam cushion, making vinyl tiles less cushiony and sound reducing than sheet vinyl.

Solid vinyl tiles contain color throughout the thickness of the product, rather than color simply applied to the surface. Inherently durable, solid vinyl tiles don't need the extra armor of a top coat. Their ability to bounce back is a plus if you have heavy furniture or appliances. Solid vinyl tiles cost more than printed vinyl tiles but offer extra durability for your extra dollars.

Peel-and-stick vinyl tiles cost less than other vinyls but aren't as durable, don't retain their looks as long and come in limited patterns.



Timeless appeal, expert craftsmanship, only $59.95

mmy has been quietly playing in his toy-
led room since dinner. As his eyes become
eavy with sleep, he decides he better go
nd Mommy. He pitter-patters down the
eps, finds her in her favorite chair, then says
his most concerned voice, "M-o-m-m-y,
m sleepy."

"Mommy, I'm Sleepy" by artist Kathy
rry-Hippensteel, is the first issue in *I Want*
y Mommy — a heartwarming collection of
rcelain dolls that portray the early relation-
ip between toddlers and their "Mommies."

Timmy's head, arms, and legs are cast of
e bisque porcelain. With heavy, hand-set
ue eyes, and his thumb near his mouth,
mmy's realistic pose will evoke your love. His
y cheeks and puckered mouth are carefully
nd-painted to capture the flushed look of
ired toddler. His expertly sculpted fingers
n be posed so one hand holds his blanket
ile the other hand "tugs" at his ear.

Recommended by the Ashton-Drake
lleries, "Mommy, I'm Sleepy" is certified
emiere Grade — your assurance of superior
istry and craftsmanship. As an heirloom-
ality doll with exceptional credentials, he
y be a wise investment as well.

Bring home this endearing little boy and
k him into bed for only $59.95. But hur-
. . "Mommy, I'm Sleepy" is issued in an
clusive, hand-numbered edition ending
ever in 1993, after which molds for this
ll will be broken and no more porcelain
ll ever be cast. Order today.

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need SEND NO MONEY NOW. I will pay for "Mommy
eepy" in three convenient monthly installments of $19.98*
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y satisfaction is unconditionally guaranteed.

rstand that I may, for any reason, return "Mommy, I'm
" to the Ashton-Drake Galleries at any time within *one*
ar after I receive her for a refund or credit of the full
ase price, including postage.

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Signature

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Name (please print clearly) Telephone

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Address Apt. No.

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City State Zip

*Plus $4.94 home delivery fee and any applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: $79.00 plus postage and handling and any applicable sales tax.

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favorite family Resorts

BY
GEORGE S. BUSH,
MARGARET DALY,
AND LOIS ANNE NAYLOR





These family-friendly resorts range from deluxe, your-wish-is-their-command getaways to less expensive and less fancy state parks. Some resorts feature sophisticated entertainment and elegant restaurants; others offer down-home, lodge-type accommodations and camping. All of our picks provide lots of recreational opportunities; many offer children's programs.

continued on page 17

Guide to recreational activities

GOLF: Played on the resort's own course or courses, including par-three links, or access by resort shuttle to a nearby course.

TENNIS: Practiced on the resort's own courts. Tennis clinics may also be offered.

SWIMMING: Available in at least one indoor or outdoor pool of ample size, in a lake, or in the ocean.

SAND BEACH: A reasonably-sized beach on or near the property for swimming or splashing, sunning, and playing.

BOATING: Enjoyed aboard your own craft or with boats, sailboats, or canoes borrowed from or rented at the resort.

FISHING: Available on property or nearby. Ponds stocked just for kids don't rate the symbol.

BICYCLING: Touring on suitable terrain using bikes that may be borrowed or rented at the resort.

MOUNTAIN BIKING: Paths on appropriate mountainous terrain with rentals of mountain bicycles available.

HIKING: Easy to strenuous hikes through scenic terrain on the resort property or on adjacent land.

HORSEBACK RIDING: Trail rides offered on the property or nearby, but arranged through the resort.

FITNESS: One or more of the following—gym, weigh room, or exercise classes.

KIDS' RECREATION PROGRAMS: Daily planned activities, at least in the summer, supervised by responsible counselors.

PROFESSIONAL ENTERTAINMENT: Scheduled regularly at the resort.

WINTER SPORTS: Includes one or more of the following—skiing (downhill or cross-country), skating, or snowmobiling.

Prices are for two people sharing a room per night in the summer, unless otherwise noted. At many resorts, children stay free or at a reduced cost. Often, you can use price as a guideline—the lower the rack rate, the more modest the facilities. Rates normally drop in the off-season. Be sure to ask about money-saving packages. Most resorts offer them. Symbols indicate th main recreational activities.

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THE THRILL IS THE CHILL®

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Favorite Family Resorts

continued from page 168

THE TYLER PLACE

Box 1, Dept. BHG, Highgate Springs, VT 05460; 802/868-3301 or 4291

Families are the stock-in-trade of this cozy, family-owned 165-acre resort on the wooded shores of Lake Champlain. Experienced counselors take the kids over mornings and evenings in groups from toddlers through teens—all part of the basic price (infant care extra), as are all meals and adult activities. Activities include swimming in a heated outdoor pool, canoeing, windsurfing, biking, sailing, and kayaking. Kids dine early, while parents enjoy the day and later romantic candlelight dinners. Breakfasts and picnic lunches are available for family dining. The Inn and 27 cottages (most with fireplaces, all with kitchenettes) border the lake.

May 22–September 14, all meals and activities included: $67–$150 adult/day, $25–$64 under 18. Saturday–Saturday stays only in July and August.

SAMOSET RESORT ON THE OCEAN

Dept. BHG, Rockport, ME 04856; 207/594-2511, 800/341-1650

A rocky breakwater stretches nearly a mile out into Penobscot Bay from this 230-acre coastal resort. Colorful boats sail by and wooded islands beckon in the mist. Spacious rooms, most with a water view, accommodate families easily; 72 condos offer housekeeping options. The oceanside golf course was voted one of the most beautiful in the country by *Golf Digest.* In summer, "Sam-O-Camp" keeps kids ages 5 to 12 occupied from 9 a.m. to 2 p.m. and evenings ($25 a day, with lunch; discounts; ages 3 to 5, 3 hours, $15). Enjoy light dining in several restaurants; swank Marcel's makes a big deal of kids' dishes. A nightly DJ and Sunday jazz provide entertainment. Cross-country skiing.

July 9–August 28, hotel: $190–$260; condos: $295–$330 a day, $1,770–$1,980 a week.

THE VILLAGE AT SMUGGLERS' NOTCH

Rte. 108, Dept. BHG, Smugglers' Notch, VT 05464-9599; 800/451-8752, 802/644-8851

This attractive complex of modern condominium apartments with kitchens clusters along the slopes beneath a spectacular mountain pass. Four swimming pools, three water slides, lighted tennis courts, horses, hiking trails, mountain bikes, and great fishing suit all vacation needs. Smugglers' full-day children's summer programs are creatively targeted to specific age groups. Costs are included in room rates in summer; extra in winter. Two restaurants, a deli, and grocery store are on-site; family barbecues run nightly. There's 18-hole golf nearby. Two-, five-, and seven-night packages only in summer (unless space permits others). Cross-country skiing and skating in winter.

Memorial Day–September 12, two nights: $349–$495; five nights: $799–$1,195; seven nights: $1,055–$1,495.

WOODLOCH PINES

R.R. 1, Box 280-BHG, Hawley, PA 18428; 717/685-7121

This lively, unpretentious lakeside resort in the foothills of the Poconos offers just about every kind of recreation, including some that are hard to find elsewhere—kiddie-cart and go-cart racing, archery, and zipping down a year-round toboggan slide. Scheduled events for all ages run the gamut from softball and basketball games to cookouts, carnivals, guided nature walks, Frisbee contests, and square dances. Almost everything except trapshooting, racquetball, and salon tanning sessions is free. Most accommodations—in lodge rooms, motel-style units, and sleeping cabins—are designed for families with children. Similarly, the three heaping daily meals, included in the rate, are served family-style, with your choice of at least two entrées.

$815–$945 adult/week; child, $169–$470; under 3, free. Four-night, 12-meal and three-night, 9-meal plans also available. Low rates off-season.



Guests enjoy boating at Woodloch Pines in Pennsylvania.

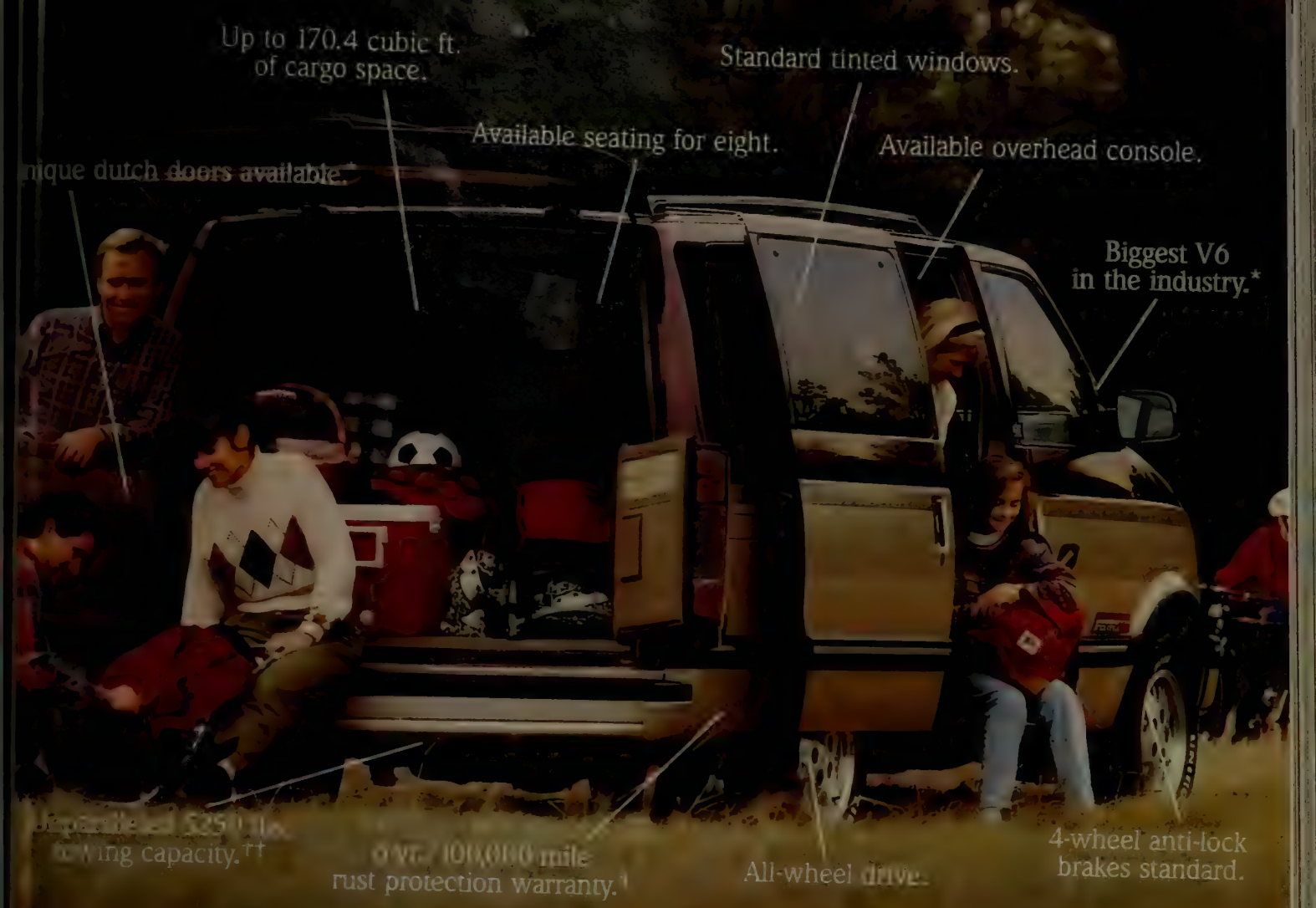
OGLEBAY

Dept. BHG, Wheeling, WV 26003; 304/243-4000

Here's one of those wonderful places that few people outside a region know about: a city-operated resort on the outskirts of Wheeling, West Virginia, that offers more—and charges less—than most private resorts. In addition to three golf courses and an array of more-common resort facilities, there's a children's zoo with a miniature train ride, a theater for natural-science demonstrations, and an outdoor amphitheater with weekly musical performances in summer. All this in a pastoral setting of hills and woods, where swans, geese, and ducks cruise a paddleboat lake hoping for handouts. More than a dozen acres of English gardens flaunt blooms from March through November. Accommodations include lodge rooms and updated cottages with kitchens.

May–September: $78 weekdays, from $100 weekends; 18 and under, free. Two-bedroom cabins from $560 a week.

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Favorite Family Resorts

continued from page 170

KINGSMILL RESORT

1010 Kingsmill Rd., Dept. BHG, Williamsburg, VA 23185; 800/832-5665

Unlike many resorts of its caliber, Kingsmill, near Colonial Williamsburg, doesn't try to wring every last dollar from you. Activities at the top-notch Sports Club are complimentary. A trainer will even do a fitness evaluation, design a program for you to follow at home, and show you how to use the Nautilus equipment. Tennis is free, as is use of a boat and fishing gear. You have to pay to play the twin rolling golf courses, home of the Anheuser-Busch Golf Classic, but there's no charge for the par-three course. The children's program costs $23. Although Kingsmill offers regular rooms, splurge on a suite if you can. The luxuriantly proportioned suites feature a full-size kitchen, a dining area, a massive living room, and a deck. Most have fireplaces.

April–November: $147; suites: $207–$477; under 18, free.

FALL CREEK FALLS STATE RESORT PARK

Rte. 3, Dept. BHG, Pikeville, TN 37367; 615/881-3297

Waterfalls, gorges, and other scenic splendors provide an unforgettable backdrop for a wide range of activities at Tennessee's largest state park. The resort takes its name from the highest waterfall in the eastern U.S. You can hike down to the base of Fall Creek Falls as well as to Cane Creek Cascade and other waterfalls. Boating and fishing are popular on the lake, but, for environmental reasons, you must use a rental boat. Activities and accommodations are a bargain. The 20 two-bedroom cabins are so popular that you need to reserve them a year in advance. Besides an inn, Fall Creek has 227 well-shaded campsites. Bring your glove for family-oriented softball games on summer evenings. The crafts store contains such items as cedar rocking chairs.

March–November, inn rooms: $54–$56; extra person 16 or older, $6; cabins: $60–$80, $400 weekly. Campsites: $12.

KIAWAH ISLAND RESORT

P.O. Box 12357, Dept. BHG, Charleston, SC 29422-2357; 800/654-2924, 803/768-2121

A canopy of live oaks draped with Spanish moss leads to Kiawah Island Resort, 21 miles south of Charleston. The wide beach is so long that it has mile markers. Squadrons of pelicans patrol the ocean, dive-bombing to nab a tasty morsel. Biking on the sand is popular; 16 miles of paved bike trails lace the 10,000-acre resort. Four golf courses, including Pete Dye's Ocean Course where the Ryder Cup was played ($60–$100), and two tennis complexes are the other main attractions. Kamp Kiawah keeps 3- to 12-year-olds happily entertained; families can choose from numerous activities. You can stay at the Inn by the beach or in one of the villas dotting the island, some a distance from the ocean.

March–October, inn: $150–$230; one- to four-bedroom villas: $160–$455, $777–$2,352 weekly. Save with packages.

WINTERGREEN RESORT

P.O. Box 706, Dept. BHG, Wintergreen, VA 22958; 804/325-2200, reservations: 800/325-2200

Ranging over 11,000 acres in the Blue Ridge Mountains, Wintergreen Resort benefits from a split personality. Stoney Creek, in the valley, offers golf, tennis, riding lessons, biking, and a sand beach. Families skim Lake Monocan in paddleboats and canoes. Higher up, the Mountain Village, center of the ski resort, also has golf and tennis. Condos and rental homes are located there. Wintergreen provides an exceptional children's program for 2½- to 12-year-olds with such activities as writing names in Japanese and kite making. Youngsters learn about nature during salamander hikes and butterfly walks. Older children can join four-day camp-outs. The entire family can go on field trips with a naturalist to hunt fossils and wildflowers.

$165–$510; family package (two-bedroom condo, kids' program, other activities): $236–$263, $1,456/week.



Virginia's Wintergreen contains 25 miles of scenic hiking trails.

HILTON HEAD ISLAND, SOUTH CAROLINA

Anchored off the South Carolina coast, Hilton Head Island is renowned for its golf and tennis facilities. Families enjoy the beach and biking on the sand and along trails. Two summer evening events appeal to kids. Gregg Russell sings and imparts folksy wisdom under a giant oak tree by the Sea Pines marina. Magic, entertainment, and fireworks highlight Palmetto Dunes Resort's Tuesday HarbourFest.

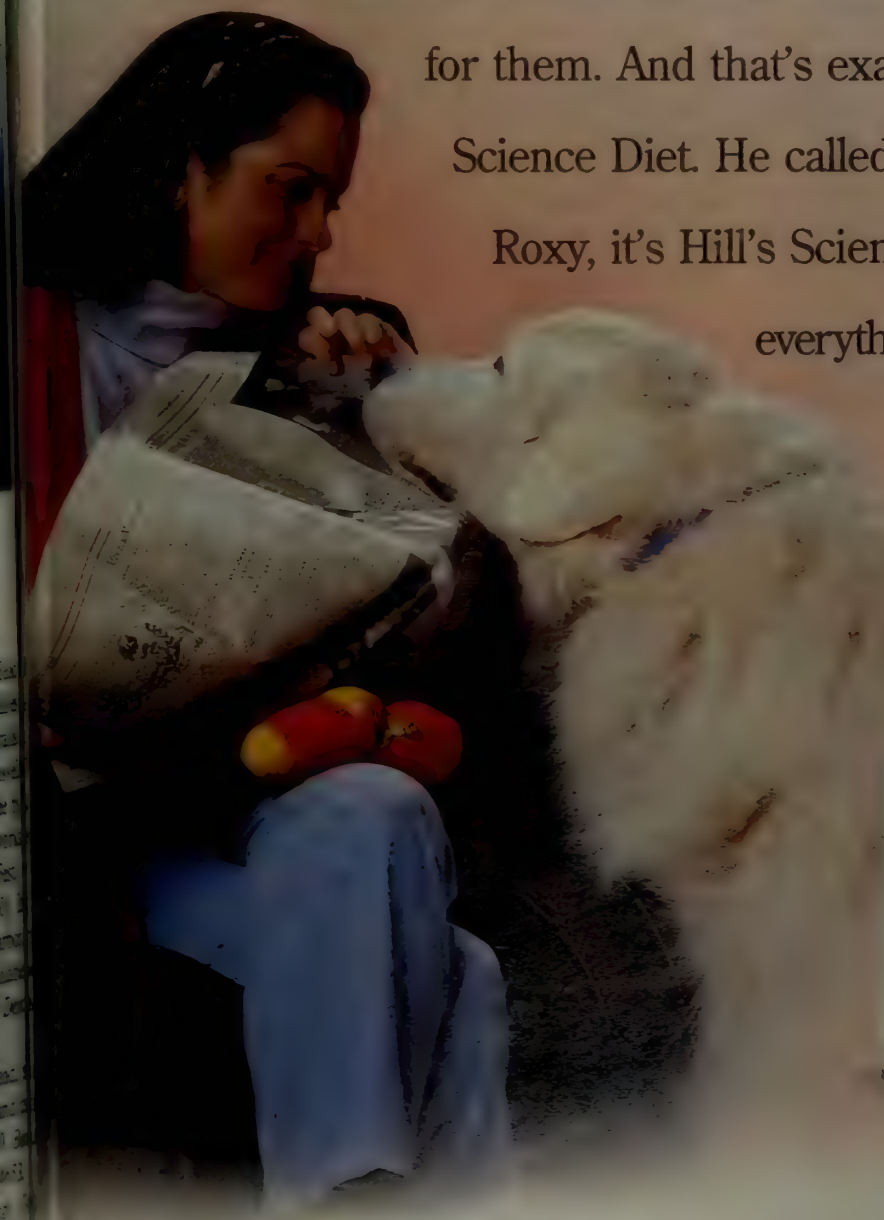
Palmetto Dunes features modern villas (from $160). It offers golf, tennis, three miles of beach, a deep-water harbor and a shopping center. A children's program is available through the nearby all-suite Hilton. ***P.O. Box 5606, Dept. BHG, Hilton Head Island, SC 29938; 800/845-6130.***

Sea Pines, whose lighthouse symbolizes Hilton Head, is known for its legendary Harbour Town golf course and its tennis programs. Condos (from $110) are older. ***P.O. Box 7000-BHG, Hilton Head Island, SC 29938; 800/925-4653.***

continued on page 17

The kids begged me to get her. They promised to brush, bathe, clean, feed and pick up

after her. Of course, they don't. I do. It's like having one more kid in the house except Roxy sees a veterinarian instead of a pediatrician. And her vet insists I feed her Hill's® Science Diet.® He said just as humans have to eat the right foods to be healthy, dogs have to eat the foods that are right for them. And that's exactly what they get with Hill's Science Diet. He called it Nutrient Precision.™ So for Roxy, it's Hill's Science Diet because I want to do everything I can to keep *my* dog healthy. And if the kids still want a dog, they'll have to find one of their own.





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Favorite Family Resorts

continued from page 172

CALLAWAY GARDENS RESORT

P.O. Box 2000, Dept. BHG, Pine Mountain, GA 31822-2000; 800/282-8181

Do your kids like to clown around? They'll love Callaway Gardens, where they can perform under a big top. In summer, Florida State University's Flying High Circus students teach youngsters such skills as walking a high wire, and they perform daily. Activities range from golf on 63 holes to hunting and waterskiing shows to riverboat rides. You can view Callaway Gardens' lush landscaping and famous flowers from the seven-mile bike path. Calloway's Butterfly Center set the standard for such conservatories. Lodging choices include a two-story inn, cottages, and villas.

Inn: $90–$120; suites: $200–$350; cottages: $160–$550; villas: $190–$475; 18 and up, $15. Summer Family Recreation Program per week: $1,650–$3,775, up to five people. Packages offer big savings and often include some meals.

GULF STATE PARK RESORT

Hotel: 21250 East Beach Blvd., Dept. BHG, Gulf Shores, AL 36542; 800/544-4853; park: 800/ALA-PARK

If stretching out on a picture-perfect white sand beach and enjoying free, family-oriented games means more to you than staying in a fancy room, head for Gulf State Park Resort. After snagging one of the loveliest sections of beach along the Gulf of Mexico, Alabama fashioned a two-story motel-style inn so that every room faces the water. Open the sliding-glass door of the painted-concrete room, and you can hear the waves and maybe spy a dolphin. The hotel loans equipment for shuffleboard, Frisbee golf, and basketball. You can fish off the resort's 825-foot pier or in one of three lakes. Golf costs only $17. Almost 500 campsites are scattered throughout the 6,000-acre park; 17 of the 21 cabins overlook Lake Shelby. Rangers offer nature programs.

May–September, $91; cabins: $30–$92; camping: $11–$20.

GRAND CYPRESS RESORT

Hyatt Regency Grand Cypress, One Grand Cypress Blvd., Dept. BHG, Orlando, FL 32836; 800/233-1234

The Grand Cypress Resort offers such diverse activities that it hardly needs Disney World next door to attract guests. Players fine-tune their game at the Academy of Golf, while the superb Equestrian Center provides everything from pony and trail rides to jumping lessons. The AAA Five Diamond Hyatt Regency Grand Cypress's free-form pool features a swim-through grotto and 12 waterfalls. Depending on your room's location, you might see Cinderella's Castle, Epcot's Spaceship Earth, or Mickey Mouse's ears at MGM Studios, plus fireworks. Splurge on the Sunday brunch. Independently operated villas overlook the 45-hole golf course and have a whirlpool or fireplace; ***800/835-7377.***

Hotel: $175–$420; suites: from $450. The Villas: suites: $150–$280; one to four bedrooms: $225–$1,120.



A bridge straddles the Hyatt Regency Grand Cypress pool.

SUNDIAL BEACH & TENNIS RESORT

1451 Middle Gulf Dr., Dept. BHG, Sanibel Island, FL 33957; 813/472-4151; reservations: 800/237-4184

Sundial, on Florida's famed Sanibel Island, is for vacationing à la carte. If you like lazing on the beach, collecting seashells, and splashing in the surf, there are 12 miles of balmy Gulf beaches at your doorstep. If you prefer snoozing by a pool, Sundial has five. Or, do you want lots of activity and lively company? Sundial's recreation schedule starts at 9 a.m. and runs late into the evening with aerobics, tennis clinics, nature programs, guided bike tours, and family get-togethers. Children 3–12 have their own program, and teens enjoy supervised beach bashes. Golf is available nearby. Accommodations are in 265 modern condo apartments with kitchens. Three restaurants serve excellent fare.

June–October, one-bedroom condos: from $137; two bedrooms: from $162; under 14, free; extra person, $15. Higher rates other seasons. Packages available.

SOUTH SEAS PLANTATION

Box 194, Dept. BHG, Captiva Island, FL 33924; 800/237-3102 or 813/472-5111

This vacation haven on the Gulf of Mexico couldn't have been named more aptly, for jungle-lush Captiva Island feels more Tahitian than Floridian. Adding to the tropical illusion is a blindingly white 2.5-mile beach, dotted with palms, that girdles South Seas Plantation as if it were an island. Spread out over the north end of Captiva, it seems like a collection of miniresorts, with 18 pools and 21 tennis courts. You'll find pool bars, lounges, four restaurants, and a shopping village. Marine activities abound, including cruises on the Gulf and back bay, waterskiing, windsurfing, snorkeling, and scuba diving. Lodgings and cuisine are top-notch.

Late April–mid-December, hotel rooms and one-bedroom condos: from $145; two-bedrooms: from $165; two kids under 13, free; 13 and over, $15. Higher rates rest of year.

continued on page 17

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IF IT'S GOT TO BE CLEAN, IT'S GOT TO BE TIDE®

Favorite Family Resorts

continued from page 174

THE HOMESTEAD

Wood Ridge Rd., Dept. BHG, Glen Arbor, MI 49636; 616/334-5000

Staying here feels as if you own a hideaway. The stylish modern condos of this tranquil resort near Traverse City are dispersed around the woodsy 500-acre property, some on a mile-long Lake Michigan beach, others along ravines in the shore hills. Most summer guests are families who enjoy unpressured vacationing: relaxing on the beach or exploring the adjoining Sleeping Bear Dunes National Lakeshore on foot or mountain bike. Organized activities are limited to an extensive, outdoors-oriented children's program for toddlers to teens, a weekly barbecue, tennis clinics, and a golf academy held on a minicourse designed for teaching.

Mid-July–mid-August, hotel-type rooms for up to four: from $110 a night, $688 a week; condos: from $166 a night, $1,038 a week. Lower rates rest of year except ski weekends.

RUTTGER'S BAY LAKE LODGE

Box 400, Dept. BHG, Deerwood, MN 56444; 800/950-7244, 800/450-4545 in Minnesota

This fourth-generation, family-owned resort resides in quintessential Minnesota lake country—blue waters, green forests, and night skies ablaze with stars. Life is relaxed in the cozy, hand-hewn log lodge; a big stone fireplace clinches the north-woods mood. Select wines and delicious buffets, including *kassler ripchen* (smoked pork chops), celebrate the Ruttgers' German heritage. (There's regular American fare as well.) Families stay in cottages, lodge rooms, or condos. Much of the day centers along the 2,000-foot sandy beach or at the indoor pool. Kids' Kamp (by age groups) is free with many summer packages; otherwise, $10 a day. The Ruttger's Bay Lake Golf Club course is crackerjack.

Open May 1–October 24. July 1–August 21, two meals, golf, kids' program: $184–$238; kids in same room, $29–$49.

THE AMERICAN CLUB

Highland Dr., Dept. BHG, Kohler, WI 53044; 800/344-2838

At The American Club, you can golf on a course rated among the best resort layouts in the country. Or, you can work out at the resort's 85,000-square-foot Sports Core or relax with an herbal wrap and massage. And, you can ride horses, hike, or hunt in the 500-acre River Wildlife nature preserve. There's a lot to enjoy at The American Club—if you can tear yourself away from your room's spectacular bathroom. Built in 1918 to house Kohler employees, the Tudor-style American Club has been resurrected as a AAA Five Diamond resort famous for its exotic bathrooms. Each of the 237 rooms features a Kohler whirlpool tub. Rates depend not so much on the view as on the luxuriousness of your bathroom. For the ultimate sybaritic indulgence, relax in the Habitat Masterbath, where you can switch your environment from steam to rain to sun.

May–October, $180–$550; under 10, free; 10 and up, $15.



Rooms at The American Club provide many relaxing options.

ARROWWOOD, A RADISSON RESORT

2100 Arrowwood Lane, Dept. BHG, P.O. Box 639, Alexandria, MN 56308; 612/762-1124

Most of Arrowwood's 170 spacious rooms, large enough for families, overlook placid Lake Darling from private balconies or terraces—perfect places to unwind. As birds fly by in twilight silhouette or a leaping fish breaks the silence, it's hard to remember you're a mere 130 miles from the Twin Cities. In rolling country, the 450-acre resort has an 18-hole golf course; a newly enlarged sand beach for swimming, evening bonfires, and sing-alongs; tennis courts, riding stables, and boat rentals; a pizzeria; and a first-rate Scandinavian restaurant. Camp Arrowwood keeps kids occupied mornings ($10 including lunch daily). Enjoy lounge entertainment in Rafters at night, and cross-country skiing, sledding, sleigh rides, snowmobiling, and skating in winter.

June 1–September 30, $89–$169; good packages.

EAGLE RIDGE INN & RESORT

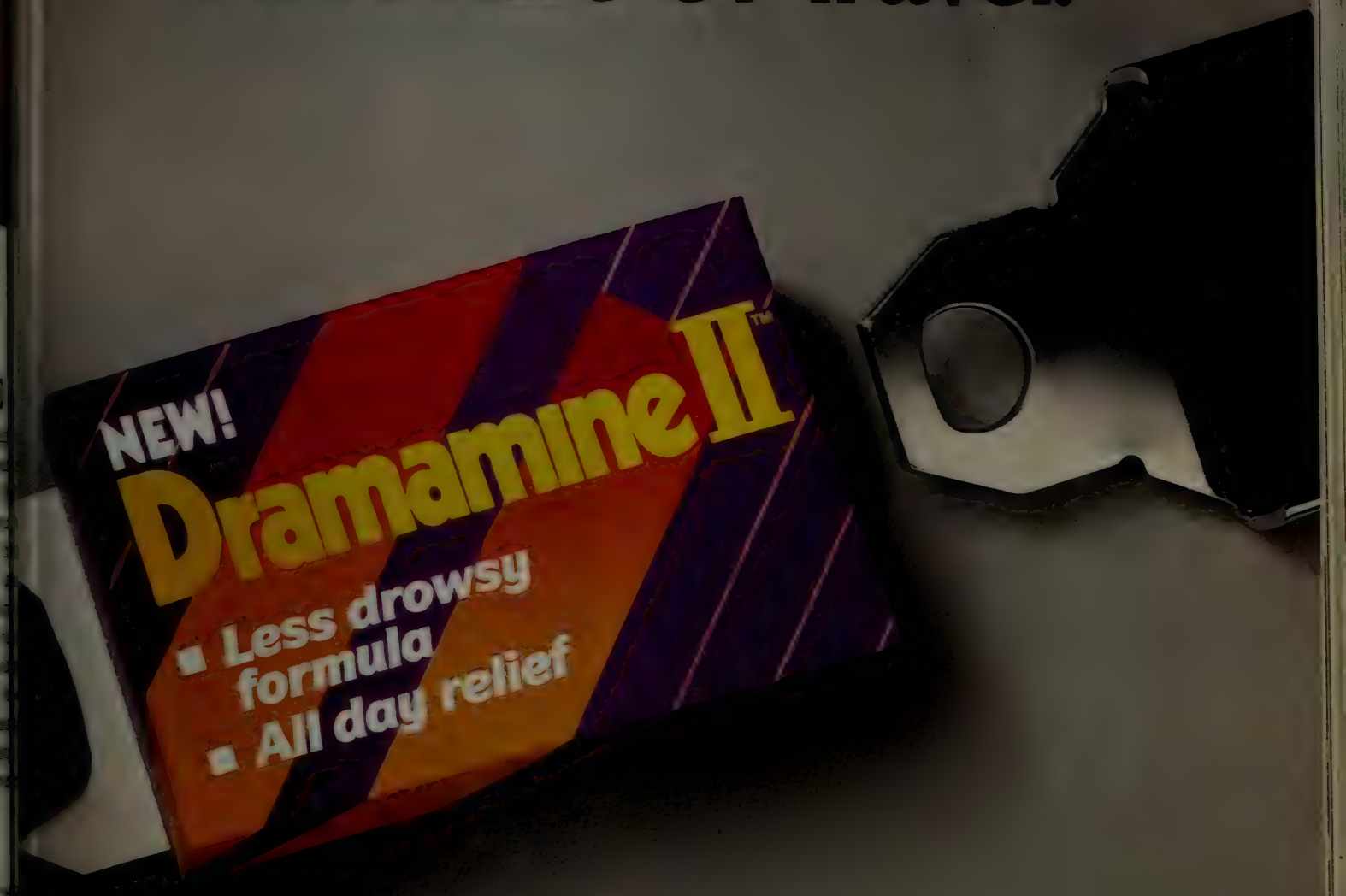
Dept. BHG, Box 777, Galena, IL 61036; 800/892-2263, 815/777-2444

At the northwestern tip of Illinois, just outside the popular Victorian town of Galena, lies The Galena Territory, a bucolic realm of hills and hollows that stretches over 6,800 acres, with tasteful condos, townhouses, and houses tucked here and there amid the greenery. Its centerpiece is the recently rebuilt Eagle Ridge Inn. Atop a bluff, it overlooks a lake that's stocked with bass and dotted with rental skiffs and sailboats. Two championship 18-hole golf courses and a 9-holer hug the undulating terrain. Bridle paths and six-plus miles of paved walking trails meander through the hills. On weekends, the kids' program extends into the evenings.

April–late October, inn rooms: from $155; under 18, free; extra adults, $10; condos: from $190; extended-stay discounts. Lower rates rest of year except Christmas holidays.

continued on page

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For years, travelers have looked to Dramamine® first for the prevention of motion sickness. Now, there's new Dramamine II, a less drowsy, longer lasting formula. So whether it's Original formula, Children's or new Dramamine II – remember the first rule of travel. Remember Dramamine.



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Favorite Family Resorts

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MARRIOTT'S TAN-TAR-A

State Rd. KK, Dept. BHG, Osage Beach, MO 65065; 800/826-8272

Spread over rolling hills beside Lake of the Ozarks, Tan-Tar-A lures guests with its informal, friendly atmosphere and an abundance of activities. Golf on 27 holes is the most popular, but you can also ride horses, bowl, parasail, and ice skate (nine months). Kids enjoy the shady Garden of Games, including miniature golf. You can build sand castles on the beach, but a wall separates the beach from the lake. Tan-Tar-A compensates with rental boats and pontoons plus five pools. A Free Play Package lets two people indulge in most nonmotorized sports for $25 a day. Most facilities are near the 930 lodge rooms and wooded cottages. Estate condos aren't as conveniently located.

Rooms: $129–$149; cottages: $209–$315; estate condos: $89–$149. Ask about packages and Super Saver, from $89.

DEGRAY LAKE RESORT STATE PARK

Rte. 3, Box 490, Dept. BHG, Bismarck, AR 71929-8194; 501/865-2801. Lodge reservations: 800/737-8355

Sprawling over nearly 1,000 scenic acres, much of it forested in oak, hickory, and pine, DeGray Lake Resort State Park appeals to people looking for an inexpensive, back-to-nature vacation. Raccoons, deer, quail, snowy egrets, loons, eagles, and even bobcats call the park home. The 96-room lodge sits on an island in DeGray Lake, a recreational haven about an hour southwest of Little Rock. The lake overflows with bass, crappie, and bluegill sunfish. Two of the four campgrounds offer lakefront sites, while another is a chip shot from the back nine of the golf course. Duffers like this area because rangers allow them to practice—without paying the $9–$10 fee—after normal playing hours. DeGray's rangers offer excellent nature programs.

Inn: $55–$65, $5 extra person. Campsites: $6–$14.

SUN VALLEY

Dept. BHG, Sun Valley, ID 83353; 800/786-8259

Despite the movie-glamour reputation it earned as America's first full-fledged ski resort, Sun Valley, now a year-round playground, isn't as expensive as many people think. You can rent a two-bedroom condo for around $700 a week in the summer. The atmosphere isn't as uptown as you might expect, either; lots of everyday folks play here. Besides typical resort diversions such as golf, this luxurious vacation refuge in the Idaho Rockies offers year-round ice skating, archery, bowling, river rafting, guided fishing trips, and rock climbing. There's a trout pond where kids can learn to fly-fish, an 18-mile trail for biking, and endless miles of hiking trails into neighboring Sawtooth National Forest. In summer, you can watch star-studded ice shows.

June–September, lodge doubles: from $75; under 18, free; two-bedroom apartments: $125–$145, $690–$780 a week.

BIG SKY RESORT

Box 160001, Dept. BHG, Big Sky, MT 59716; 800/548-4486

Lone Mountain provides a dramatic backdrop for Big Sky, a resort as spacious as the state for which it was named. It takes two villages, one six miles above the other, to contain its 10,000 acres. Golf and tennis turn smaller Meadow Village into a lively summer recreational area; the Gallatin River lures fly fishers to its trout-filled streams. Mountain Village, site of the lodge, condominium hotel, and many condos, handles most winter activities. In summer, ride the ski lift for an incredible view. You can come back down on a mountain bike. Hiking trails lace the area, home to bighorn sheep, moose, and mountain goats. About an hour from the West Yellowstone entrance, Big Sky offers a base for white-water rafting and horseback riding.

Open summer and winter. Lodge: from $105; condo hotel $155–$245; condos: $82–$424; 10 and under, free.



Big Sky Resort offers challenging paths for mountain biking.

THE BISHOP'S LODGE

Box 2367, Dept. BHG, Santa Fe, NM 87504; 800/732-2240

Although touristy Santa Fe lies only three miles to the south, this charming enclave has a real getaway mood. The Bishop's Lodge (which it was once) and its hillside village of 74 adobe-style accommodations front 7,000 acres of high desert hills bordering Santa Fe National Forest. It's a get away even if you bring your children. Every summer morning counselors muster those aged 4 to 12 for pony rides, swimming, fishing in a stocked pond, or sports competitions. Following a mid-afternoon break, the program resumes in time for supper. You pick the kids up again at. Teens may eat at their own table in summer. You'll appreciate this, for you'll want to linger over the superb meals.

Open April–December. Summer rates, including two meals (breakfast plus lunch or dinner) and kids' program, start $220 for two in June; from $255 July–Labor Day; $50 each additional guest. Room-only rates are also available.

continued on page 18

Finally, light bladder control protection in a comfortable pad that does what a maxi can't.



Try New Poise® Pads from Depend®. Absorbs 50% more. Locks liquid in.

ew Poise® Pads are about the same size as the leading maxi pads, but Poise ves you superior protection because they are made exclusively for bladder control. Poise Pads lock liquid into a gel that won't leak. And Poise Pads are curved and feminine soft for added comfort. Look for new Poise Pads next to Depend® Products.



Finally, the protection you need, the size you want.

Kimberly-Clark Corporation.

Favorite Family Resorts

continued from page 178

THE POINTE HILTON RESORTS

7500 N. Dreamy Draw Dr., Dept. BHG, Suite 215, Phoenix, AZ 85020; 800/934-1000

All guests at this trio of modern resorts enjoy spacious two-room suites with balcony or veranda overlooking fountains, courtyards, and bright foliage. Each resort abuts a wilderness preserve for hikes and trail rides from on-site stables. Squaw Peak emphasizes family, with an all-day kids' program for $35 a day ($5 an hour) including lunch. (Guests from the other two hotels may join, or try their own Saturdays-only group.) Tapatio Cliffs presents a romantic, almost European, air and shares a first-rate golf course with Squaw Peak. South Mountain sports a superb fitness center. The golf course, like its sister course, blends handsomely into the terrain. Eleven restaurants suit various tastes.

May 28–September 15, $69; kids under 18, free in room with adults. Mid-winter, $160 a day.

SHERATON EL CONQUISTADOR

10000 N. Oracle Rd., Dept. BHG, Tucson, AZ 85737; 800/325-7832, 602/544-5000

Families flock to this high-desert resort especially during summer when prices are a bargain and conventions at a minimum. The on-premises stables and end-of-trail-ride cookouts underscore the western flair. So do country-and-western music and mesquite-grilled food at The Last Territory Steakhouse. Enjoy authentic Mexican food and music at Dos Locos Cantina. For elegant dining, try The White Dove Grille or La Vista at the golf club a few miles away (two championship courses; regular shuttles). You can golf for nine holes right by the hotel or play tennis (31 lighted courts). More than 400 spacious rooms, including 112 casitas, look out on the mountains and desert.

June 1–September 6, $80–$120; 18 and under, free in room with adults. Winter, $180–$250.

DANA POINT RESORT

25135 Park Lantern, Dept. BHG, Dana Point, CA 92629; 714/661-5000, 800/533-9748

You couldn't dream up a more splendid setting. Perched on a ridge above one of California's finest beach parks and surrounded by exquisite plantings, this elegant low-rise resort hotel overlooks a majestic stretch of coast about midway between Los Angeles and San Diego. Sea lions and dolphins play beyond the breakers. Whales parade by in winter. Most of the 350 rooms have a terrace or patio. Cuisine and service are superb. A symphony orchestra plays pop concerts by the pool on summer Sunday afternoons. The kids' program is extra-special: they explore tidal pools, learn about sea life at the nearby Marine Institute, and investigate the night through a telescope.

$109. Any season, a three-day, two-night plan: $446, includes day and evening programs for two children, bikes, and picnic for parents. Ask about $99 summer special.

MARRIOTT'S CAMELBACK INN

5402 E. Lincoln Dr., Dept. BHG, Scottsdale, AZ 85253; 800/24-CAMEL, 602/948-1700

You'll feel right at home at this Mobil Five Star and AAA Five Diamond award-winning resort near Phoenix, with spacious adobe guest rooms along flower-bedecked walks. Three super pools help beat the heat during the summer bargain season, as does the huge, air-conditioned spa (extra charge). Golfers can pitch and putt on premises or shuttle to two excellent 18-hole courses. On summer weekends and holidays, Hopalong College entertains kids ages 5 to 12 (9 a.m.–1 p.m. with lunch, $17; 5:30 p.m.–9 p.m. with dinner, $17). There is world-class dining in the Chaparral Room, plus assorted menus at three other restaurants, including a special Sunday brunch.

May 23–September 11, $99–$150; 18 and under, free in room with adults. High season (mid-winter), $235–$290.



Three luxurious pools keep guests cool and relaxed at Camelback.

HYATT REGENCY WAIKOLOA

HC02 Box 5500, Dept. BHG, Waikoloa, HI 96743; 800/223-1234, 808/885-1234

Hyatt turned one of the Big Island's stark ebony lava fields into a tropical oasis where palm fronds dance in the trade winds. Embraced by the sapphire sea on one side and verdant mountains on the other, the lushly landscaped Hyatt Regency Waikoloa envelops you in its own world. You can get around this spread-out 1,241-room resort by canal boat, tram, or strolling walkways that meander through waterfalls and over bridges. White sand beaches, a snorkeling lagoon, and water slides tumbling from rocks are Hyatt's version of a swimming pool. Dolphin encounters provide the biggest splash and one of the most memorable experiences for all ages ($65, $40 5–12). The spa is opulent.

May–December 19, $195–$375; suites: from $575; under 19, free. December 20–April 30, $250–$415. Mandatory service charge of $12.50 for luggage handling.

If you've fallen behind on your resolution to quit...

NEW YEAR

19

Spring ahead with the help of your doctor and the "Waking-Hours"* nicotine patch!

- NICOTROL is used as part of a comprehensive behavioral smoking cessation program
- NICOTROL is the only nicotine patch specifically developed to be worn only during waking hours and then removed at bedtime
- Available by prescription only, NICOTROL is indicated as an aid to smoking cessation for the relief of nicotine withdrawal symptoms

FREE

A complimentary Patient Starter Kit is available with every new NICOTROL prescription. Ask your doctor if NICOTROL is right for you.



INFORMATION HOTLINE: 1-800-284-8118

You should stop smoking completely before using NICOTROL. Do not smoke or use other nicotine-containing products while under treatment with NICOTROL. Because this product, like cigarettes, contains nicotine, you should discuss with your doctor other ways to quit smoking if you are pregnant or nursing (nicotine can harm your baby) or if you have cardiovascular disease. If you are taking any prescription medications or are under a doctor's care for any condition, you should discuss with your doctor the potential risks of using this product. There may be other risks associated with the use of this product. Do not use this product for more than 5 continuous months.

From Parke-Davis



NICOTROL®
(NICOTINE TRANSDERMAL SYSTEM)
Systemic delivery of 15mg/day over 16 hours

Please see adjacent page for additional important information.

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From Parke-Davis as part of a comprehensive behavioral smoking cessation program

NICOTROL®

(NICOTINE TRANSDERMAL SYSTEM)

Systemic delivery of 15mg/day over 16 hours

Dosing and administration

Apply one NICOTROL patch upon awakening and remove at bedtime

Dose	Duration
Start: NICOTROL® 15 mg/day	4-12 weeks
Step-down: 10 mg/day	2-4 weeks
Step-down: 5 mg/day	2-4 weeks

For more information, call 1-800-284-8118

Nicotrol® (nicotine transdermal system)

Systemic delivery of 15, 10, or 5 mg/day over 16 hours. Before prescribing, please see full prescribing information.

A Brief Summary follows. INDICATIONS AND USAGE Nicotrol systems, applied while patients are awake, are indicated as an aid to smoking cessation for the relief of nicotine withdrawal symptoms. Nicotrol therapy is recommended for use as part of a comprehensive behavioral smoking cessation program. The use of Nicotrol systems beyond 5 months has not been studied. **CONTRAINDICATIONS** Use of Nicotrol systems is contraindicated in patients with known hypersensitivity or allergy to nicotine or to any component of Nicotrol transdermal systems. **WARNINGS** Nicotine from any source can be toxic and addictive. Smoking causes lung cancer, heart disease, emphysema, and may adversely affect the fetus and the pregnant woman. For any smoker, with or without concomitant disease or pregnancy, the risk of nicotine replacement in a smoking cessation program should be weighed against the hazard of continued smoking while using Nicotrol systems and the likelihood of achieving cessation of smoking without nicotine replacement. **Pregnancy, Warning**—Tobacco smoke, which has been shown to be harmful to the fetus, contains nicotine, hydrogen cyanide, and carbon monoxide. Nicotine has been shown in animal studies to cause fetal harm. It is therefore presumed that Nicotrol systems can cause fetal harm when administered to a pregnant woman. The effect of nicotine delivery by Nicotrol systems has not been examined in pregnancy (see PRECAUTIONS). Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches. If Nicotrol therapy is used during pregnancy, or if the patient becomes pregnant while using Nicotrol systems, the patient should be apprised of the potential hazard to the fetus. **Safety Note Concerning Children**—The amounts of nicotine that are tolerated by adult smokers can produce symptoms of poisoning and could prove fatal if a Nicotrol system is applied or ingested by children or pets. Used 15 mg/day systems contain about 40% (10 mg) of its initial drug content. Therefore, patients should be cautioned to keep both the used and unused Nicotrol systems out of the reach of children and pets. **PRECAUTIONS** The patient should be urged to stop smoking completely when initiating Nicotrol therapy (see DOSAGE AND ADMINISTRATION). Patients should be informed that if they continue to smoke while using Nicotrol systems, they may experience adverse effects due to peak nicotine levels higher than those experienced from smoking alone. If there is a clinically significant increase in cardiovascular or other effects attributable to nicotine, the treatment should be discontinued (see WARNINGS). Physicians should anticipate that concomitant medications may need dosage adjustment (see Drug Interactions). Use of Nicotrol systems beyond 5 months by patients who stop smoking should be discouraged because the chronic consumption of nicotine by any route can be harmful and addicting. **Allergic Reactions**—In a 3-week open-label dermal irritation and sensitization study of Nicotrol systems applied 23 hours per day, 3 of 215 patients (1.4%) exhibited definite erythema at 24 hours after application. Upon rechallenge, none of the subjects exhibited any contact allergy. In the efficacy trials erythema following system removal was typically seen in 7% of patients, edema was seen in 3%, and dropouts due to skin reactions were reported in 1% of patients. Severe skin reactions were not observed in either of the trials. Patients who exhibit contact sensitization should be cautioned that a serious reaction could occur from exposure to other nicotine-containing products or smoking. Patients should be instructed to discontinue promptly the use of Nicotrol systems and contact their physicians in the case of severe or persistent local skin reactions at the site of application (e.g., severe erythema, pruritus, or edema) or a generalized skin reaction (e.g., urticaria, hives, or generalized rashes). **Skin Disease**—The Nicotrol system is usually well tolerated by patients with normal skin, but may be irritating for patients with some skin disorders (psoriasis, atopic or eczematous dermatitis). **Cardiovascular or Peripheral Vascular Diseases**—The risks of nicotine replacement in patients with certain cardiovascular and peripheral vascular diseases should be weighed against the benefits of including nicotine replacement in a smoking cessation program for them. Specifically, patients with coronary heart disease (history of myocardial infarction and/or angina pectoris), serious cardiac arrhythmias, or vasospastic diseases (Buerger's disease, Prinzmetal's variant angina) should be carefully screened and evaluated before nicotine replacement is prescribed. Tachycardia occurring in association with the use of Nicotrol therapy was reported occasionally. If serious cardiovascular symptoms occur with the use of Nicotrol systems, the therapy should be discontinued. Nicotrol therapy should generally not be used in patients during the immediate post-myocardial infarction period or in patients with serious arrhythmias or with severe or worsening angina pectoris. **Renal or Hepatic Insufficiency**—The pharmacokinetics of nicotine have not been studied in the elderly or in patients with renal or hepatic impairment. However, given that nicotine is extensively metabolized and that its total system clearance is dependent on liver blood flow, some influence of hepatic impairment on drug kinetics (reduced clearance) should be anticipated. Only severe renal impairment would be expected to affect the clearance of nicotine or its metabolites from the circulation (see Pharmacokinetics in full prescribing information). **Endocrine Diseases**—Nicotrol therapy should be used with caution in patients with hyperthyroidism, pheochromocytoma, or insulin-dependent diabetes, since nicotine causes the release of catecholamines by the adrenal medulla. **Peptic Ulcer Disease**—Nicotine delays healing in peptic ulcer disease; therefore, Nicotrol therapy should be used with caution in patients with active peptic ulcers and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks. **Accelerated Hypertension**—Nicotine therapy constitutes a risk factor for development of malignant hypertension in patients with accelerated hypertension; therefore, Nicotrol therapy should be used with caution in these patients and only when the benefits of including nicotine replacement in a smoking cessation program outweigh the risks. **Information for Patient**—A patient instruction sheet is included in the package of Nicotrol systems dispensed to the patient. It contains important information and instructions on how to use and dispose of Nicotrol systems properly. Patients should be encouraged to ask questions of the physician and pharmacist. Patients must be advised to keep both used and unused systems out of the reach of children and pets. **Drug Interactions**—Smoking cessation, with or without nicotine replacement, may alter the pharmacokinetics of certain concomitant medications.

May Require a Decrease in Dose at Cessation of Smoking	Possible Mechanism
Acetaminophen, caffeine, imipramine, oxazepam, pentazocine, propranolol, theophylline	Deinduction of hepatic enzymes on smoking cessation.
Insulin	Increase of subcutaneous insulin absorption with smoking cessation.
Adrenergic antagonists (e.g., prazosin, labetalol)	Decrease in circulating catecholamines with smoking cessation.

May Require an Increase in Dose at Cessation of Smoking	Possible Mechanism
Adrenergic agonists (e.g., isoproterenol, phenylephrine)	Decrease in circulating catecholamines with smoking cessation.

Carcinogenesis, Mutagenesis, Impairment of Fertility—Nicotine itself does not appear to be a carcinogen in laboratory animals. However, nicotine and its metabolites increased the [illegible] cheek pouches of hamsters and forestomach of F344 rats, respectively, when given in combination with [illegible] could not be replicated, suggested that cotinine, the primary metabolite of nicotine, may cause [illegible] intestine in rats. Neither nicotine nor cotinine were mutagenic in the Ames *Salmonella* test. Nicotine [illegible] damage in an *E. coli* test system. Nicotine was shown to be genotoxic in a test system using Chinese hamster [illegible] blasts. Implantation can be delayed or inhibited by a reduction in DNA synthesis that appears to be caused in [illegible] with a decrease in litter size in rats treated with nicotine during gestation. **PREGNANCY**—Pregnancy [illegible] section). The harmful effects of cigarette smoking on maternal and fetal health are clearly established [illegible] increased risk of spontaneous abortion, and increased perinatal mortality. The specific effects of Nicotrol therapy [illegible] known. Therefore, pregnant smokers should be encouraged to attempt cessation using educational and behavioral interventions before using pharmacological approaches. Spontaneous abortion during nicotine replacement therapy has been reported; as with smoking, nicotine as a contributing factor cannot be excluded. Nicotrol systems should be used during pregnancy only if the likelihood of smoking cessation justifies the potential risk of using Nicotrol systems by the pregnant patient, who might continue to smoke. **Teratogenicity**—*Animal Studies:* Nicotine was shown to produce skeletal abnormalities in the offspring of mice when given doses toxic to the dams (25 mg/kg SC). *Human Studies:* Nicotine teratogenicity has not been studied in humans except as a component of cigarette smoke (each cigarette smoked delivers about 1 mg of nicotine). It has not been possible to conclude whether cigarette smoking is teratogenic to humans. **Other Effects**—*Animal Studies:* A nicotine bolus (up to 2 mg/kg) to pregnant rhesus monkeys caused acidosis, hypercarbia, hypotension (fetal and maternal concentrations were about 20 times those achieved after smoking one cigarette in 5 minutes), breathing movements were reduced in the fetal lamb after intravenous injection of 0.25 mg/kg nicotine to the ewe (equivalent to smoking 1 cigarette every 20 seconds for 5 minutes). Uterine blood flow was reduced about 30% after infusion of 0.1 µg/kg/min nicotine to pregnant rhesus monkeys (equivalent to smoking about six cigarettes every minute for 20 minutes). *Human Experience:* Cigarette smoking during pregnancy is associated with an increased risk of spontaneous abortion, low birth weight infants, and perinatal mortality. Nicotine and carbon monoxide are considered the most likely mediators of these outcomes. The effects of cigarette smoking on cardiovascular parameters have been studied near term. Cigarettes increased fetal aortic blood flow and heart rate and decreased uterine blood flow and fetal breathing movements. Nicotrol systems have not been tested in pregnant women. **Labor and Delivery**—Nicotrol systems are not recommended for use during labor and delivery. The effects of nicotine on a mother or the fetus during labor is unknown. **Use in Nursing Mothers**—Caution should be exercised when Nicotrol systems are administered to nursing women. The safety of Nicotrol therapy in nursing infants has not been examined. Nicotine passes freely into breast milk; the milk to plasma ratio averages 2.9. Nicotine is absorbed orally. An infant has the ability to clear nicotine by hepatic first pass clearance; however, efficiency of removal is probably lowest at birth. Nicotine concentrations in milk can be expected to be lower with Nicotrol systems when used while awake than with cigarette smoking, as maternal plasma nicotine concentrations are generally reduced with nicotine replacement. The risk of exposure of the infant to nicotine from Nicotrol therapy should be weighed against the risks associated with the infant's exposure to nicotine from continued smoking by the mother (passive smoke exposure and contamination of breast milk with other components of tobacco smoke) and from Nicotrol therapy alone or in combination with continued smoking. **Pediatric Use**—Nicotrol therapy is not recommended for use in children because the safety and effectiveness of Nicotrol therapy in children and adolescents who smoke have not been evaluated. **Geriatric Use**—Seventy-nine patients over the age of 60 participated in trials of Nicotrol therapy. Nicotrol therapy appeared to be as effective in this age group as in younger smokers. **ADVERSE REACTIONS**—Assessment of adverse events in the 509 subjects who participated in controlled clinical trials is complicated by the occurrence of GI and CNS effects of nicotine withdrawal as well as nicotine excess. The actual incidences of both are confounded by the smoking status of many patients. When reporting adverse events in the trials the investigators did not attempt to identify the cause of the symptom. No serious adverse events were reported during the trials. **Topical Adverse Events**—The most common adverse event associated with topical nicotine is a mild and short-lived erythema, pruritus, or burning at the application site, which was seen at least once in 47% of patients on Nicotrol systems in the efficacy trials. Local erythema after system removal was noted at least once in 7% of patients and local edema in 3%. Erythema generally resolved within 24 hours. About 1% of patients dropped out of clinical trials due to skin reactions; none had classical contact sensitization (see PRECAUTIONS, Allergic Reactions). In the clinical trials performed (one in Sweden and one U.S. clinic), fewer total patients were used than in trials of other nicotine transdermal systems, and fewer adverse reactions were reported than in U.S. trials with other systems achieving comparable blood levels. Therefore, the systemic adverse event data in the two sections below are based in part on 1200 patients treated with systems delivering comparable rates of nicotine per hour. **Probably Causally Related**—The following adverse events are believed related to Nicotrol treatment based on experience in clinical trials. *Nervous system:* Dizziness* *Musculoskeletal system:* Arthralgia† *Skin and appendages:* Rash,† sweating† *reported in 9% of patients. †reported in 1% to 3% of patients. Complaints occurring in fewer than 1% are not listed. **Causal Relationship UNKNOWN**—Adverse events reported in active- and placebo-treated patients at about the same frequency in clinical trials are listed below. The clinical significance of the association between Nicotrol treatment and the following events is unknown, but they are presented as alerting information for the clinician. *Body as a whole:* Back pain,† pain† *Digestive system:* Abdominal pain,† constipation,* dyspepsia,† flatulence,† nausea,* vomiting† *Musculoskeletal system:* Myalgia† *Nervous system:* Concentration impairment,† dependence,* headache,* insomnia,† nervousness† *Respiratory system:* Cough increased,† sinusitis† *Special senses:* Taste perversion† *Urogenital system:* Dysmenorrhea† *reported in 3% to 9% of patients. †reported in 1% to 3% of patients. Complaints occurring in fewer than 1% are not listed. **DRUG ABUSE AND DEPENDENCE/OVERDOSAGE** For further information, please see full prescribing information. **DOSAGE AND ADMINISTRATION** Patients must desire to stop smoking and should be instructed to *stop completely immediately* as they begin using Nicotrol therapy during waking hours. The patient should read the patient instruction sheet on Nicotrol therapy and be encouraged to ask any questions. Treatment should be initiated with the Nicotrol 15 mg/day system. The patient should continue the treatment (one system each day) for 4–12 weeks of therapy. The patient should stop smoking cigarettes completely during this period. If the patient is unable to stop cigarette smoking within 4 weeks, Nicotrol therapy should be stopped, since few patients in clinical trials were able to abstain after this time.

Recommended Dosing Schedule

Dose	Duration
Nicotrol 15 mg/day	First 12 weeks
Nicotrol 10 mg/day	Next 2 weeks[a]
Nicotrol 5 mg/day	Last 2 weeks[b]

[a] Patients who have successfully abstained from smoking should have their dose of nicotine reduced after each 2-4 weeks of treatment until the Nicotrol 5 mg/day dose has been used for 2-4 weeks.

[b] The entire course of nicotine substitution and gradual withdrawal should take 14-20 weeks. The use of Nicotrol therapy beyond 5 months has not been studied.

The Nicotrol system should be applied promptly upon its removal from the protective pouch to prevent loss of nicotine from the system. The Nicotrol system should be used only when the pouch is intact to assure the product has not been tampered with. A Nicotrol system should be applied only once a day to a non-hairy, clean, and dry skin site on the upper arm or the hip. Each day a Nicotrol system should be applied upon waking and removed at bedtime. **Caution**—Federal law prohibits dispensing without prescription.

Product information as of March 5, 1992

Manufactured by Cygnus Therapeutic Systems for Kabi Pharmacia, Sweden. Distributed by

PARKE-DAVIS

Division of Warner-Lambert Company

Morris Plains, NJ 07950 USA

BUILD THIS KID-SIZE PICNIC TABLE

Sure to delight your kids, this pint-size picnic table is just the right size for a cookout with Mom and Dad or for a little summertime tea-partying. All you need to build this durable table are four 16-foot 2×4s and a few dollars' worth of hardware.

Better Homes and Gardens® magazine has joined with the editors of *WOOD*® magazine to bring you this project plan. The project comes with easy step-by-step instructions, detailed drawings, and a complete materials list. This project is ideal even if you have only a moderate amount of woodworking experience. You'll need a circular saw, a framing square, a combination square, a drill, a sander, and basic hand tools.



This kid-size table can be built from four 16-foot 2x4s and a handful of hardware.

We used pressure-treated lumber for the picnic table shown *left*. You could use redwood, cedar, or cypress. The wood you choose depends on the look you want as well as your budget. The completed table measures 48 inches long by 44 inches wide.

HOW TO ORDER

To order project plans, send a check or money order for $9.95 to:
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AH-CHOO!

Dealing with pet allergies

Does your dog slide his fa into the carpet, then wigg along the rug on his back? Do yo consistently find your cat groomi her paws or scratching her head? Yo may think your pet is frisky or over concerned about cleanliness by the actions, but, in reality, it may be see ing relief from allergies.

Many dogs and some cats suf seasonal, as well as year-round, all gies. Instead of sneezing and seei the world through red, watery eyes though this is possible—animals m often exhibit skin irritations. "Bo dogs and cats will itch, scratch, pick themselves, and rub against fur ture," says Dr. Edward Baker, a vet inarian at the Animal Skin a Allergy Clinic of New Jersey in I marest. "Animals can also have as ma and ear irritations," he says.

Untreated allergies and prolon biting lead to problems such as s lesions, inflammation, infection, a hair loss. They also can make your uncomfortable and irritable, so it's portant to take care of your pet's al gies, rather than hope they'll appear on their own.

Causes. For both dogs and c fleas are responsible for the majo of allergies. Food is the second leac cause for cats, while inhalants suc dust, molds, ragweed, and gra rank next for dogs. Golden retriev

Labradors, dalmatians, and terriers are especially susceptible to allergies.

If you suspect that your pet has allergies, how can you confirm it? "The animal needs a complete evaluation—physical and laboratory tests, including blood tests or skin testing," says Dr. Rod Rosychuk, a veterinarian and staff dermatologist at Colorado State University in Fort Collins.

Treatment. Eliminate fleas on your pet, on its animal buddies, in its bedding, and in your house. Numerous products are available to fight fleas—shampoos, collars, bombs, and so on. Because flea products contain active ingredients, it can be dangerous to mix different products. Ask your veterinarian what would be most effective for your pet.

Also ask your veterinarian if you should test for food allergies by changing your pet's diet. "Animals can become allergic to food at any time, even after being on the same diet for a long time," Rosychuk says.

If your pet is allergic to dust, mold, grasses, or other inhalants, discuss treatment options with your veterinarian. Depending on your animal's particular needs, the veterinarian may recommend treating it with antihistamines and fatty acid supplements, steroids such as cortisone, or weekly allergy shots.

—By Candyce H. Stapen

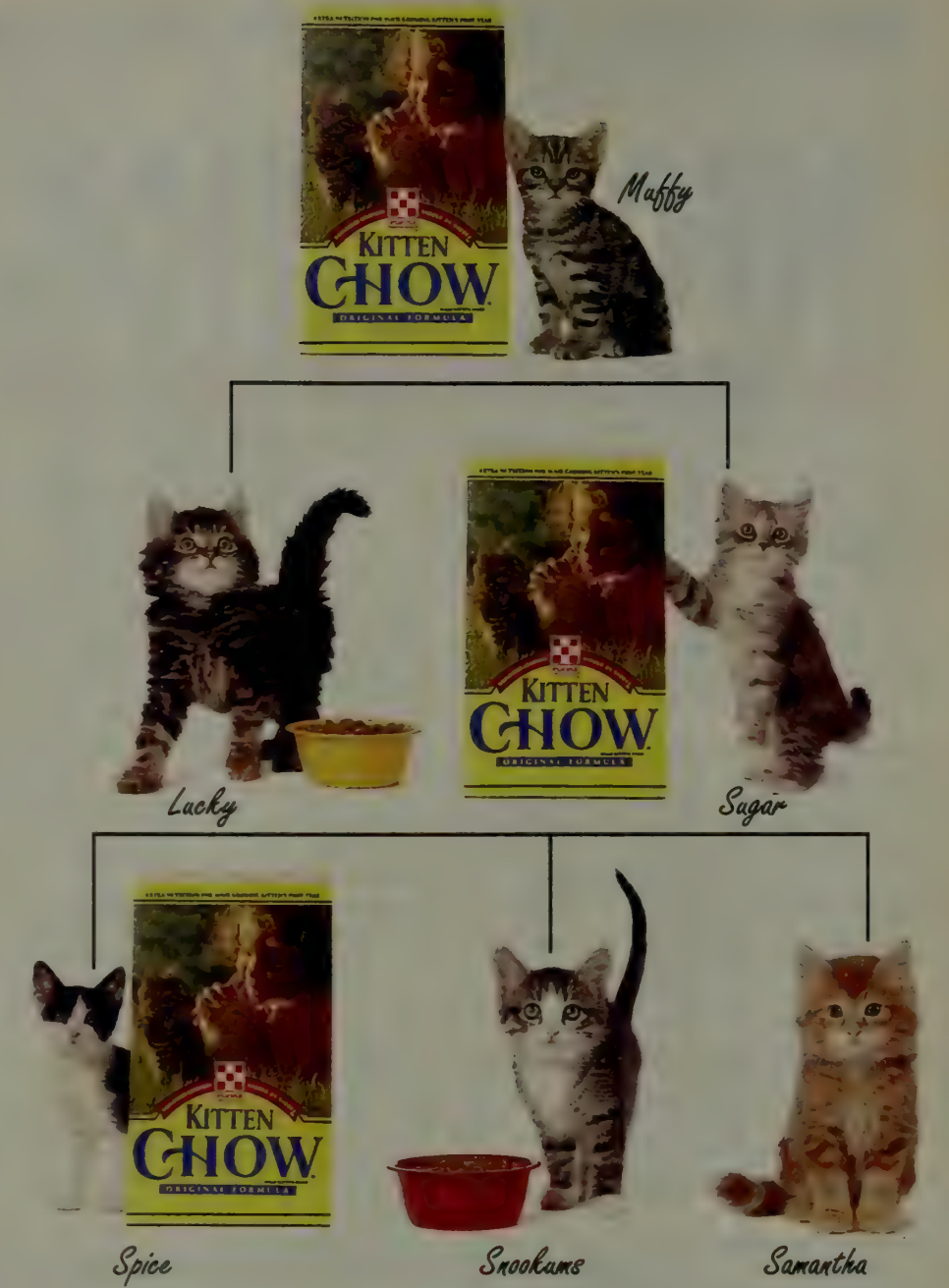


BIRD ALERT

Don't spray or smoke near your pet

Birds are vulnerable to items that aren't as dangerous to dogs and cats. Airborne substances, such as aerosols and smoke, can harm birds. They can die from the fumes if they are placed too close to a superheated nonstick pan or broiler.

—By Cheryl Fritz Long



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Be a responsible pet owner. Spay or neuter your cat.

HOME AND FAMILY INFORMATION GUIDE

You can get useful ideas and product information by mail. Use the coupon in this section to order your choice of literature listed below.

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ANDERSEN® WINDOW AND PATIO DOOR FACTBOOK—offers ideas for creating distinctive Feature Windows and Patio Doors from Andersen's wide variety of standard shapes & sizes. Includes basic size charts, energy facts, tips for drawing and planning a project, choosing a contractor and more. It's a great resource for building or remodeling projects. ANDERSEN WINDOWS, INC. FREE. Circle No. 1.

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HURD WINDOW IDEA GUIDE—Full-color booklet shows complete line of Hurd wood and aluminum clad windows and patio doors. Idea Guide presents Hurd Windows' "total performance" story: Windows from R2 to R8; greatest protection available from fabric fading due to UV; the "quietest" windows you can buy, reduces outside noise to 1/20th original volume; and more! HURD MILLWORK COMPANY. FREE. Circle No. 6.

The KitchenAid Kitchen—Quality Appliances for the Total Kitchen are described in this 28-page color catalog featuring the full line of KitchenAid major appliances—refrigerators, cooktops, ovens, dishwashers and more. KITCHENAID. $1.00. Circle No. 7.

KOHLER—A complete set of full-color product catalogs covering baths and whirlpools, showers, lavatories, toilets and bidets, kitchen and bar sinks, faucets and accessories plus a color idea book. KOHLER CO. $8.00. Circle No. 8.

"Made To Order from Marvin"—illustrates how made-to-order wood windows and doors can enhance a home. Full-color, 24-page brochure helps you determine your needs for energy, maintenance and architectural design [illegible] the products and options to suit those needs. Includes a section describing basic window and door styles. MARVIN WINDOWS. FREE. Circle No. 9.

Merillat's Kitchen Design and Planning Kit—Design like a professional, includes everything you need for complete kitchen planning: Easy-to-follow instructions, decorating ideas, layout tools, product and specification brochures, checklists, and more. MERILLAT. $6.00. Circle No. 10.

WOOD BEAUTIFUL™ From Minwax—Informative full color, 36 page magazine helps bring the beauty of wood home. Wood Beautiful™ features page after page of decorator ideas with illustrative photographs, step-by-step projects, expert tips and a wood finishing contest. Also includes a valuable offer for an instructional video and special savings offers. MINWAX. FREE. Circle No. 11.

GARAGE DOOR OPENER SYSTEMS—Brochure describes new Access Control System, which includes a full line of garage door openers, plus several accessories which enhance the safety, security, and convenience of automatic door operation. You can use the opener's remote control to turn on/off house lights and appliances. OVERHEAD DOOR CORPORATION. FREE. Circle No. 12.

PEACHTREE DOOR & WINDOW BROCHURE—Send for Peachtree's new, free, 24-page brochure. The full-color piece details full line of Peachtree insulated entry door systems, Ariel pre-finished custom and standard windows, and complete patio door line. Technical data included. All products are covered with Peachtree's exclusive Non-Stop Warranty. PEACHTREE DOORS & WINDOWS. FREE. Circle No. 13.

"Making Great Window Decisions"—This free, informative booklet from Pella Corporation, offers helpful tips and advice for anyone planning to build or remodel their home. PELLA CORPORATION. FREE. Circle No. 14.

PC GLASSBLOCK® PRODUCTS—"GlasScapes" 28 pages are packed with exciting ideas for adding light and beauty to every room. Whether your home is traditional or contemporary... you're building or remodeling—PC GlassBlock® products will provide style, privacy, energy efficiency. Includes complete product guide and installation information. PITTSBURGH CORNING. $2.50. Circle No. 15.

PC GLASSBLOCK® PRODUCTS—Pamphlet presents attractive and functional ideas for windows, room dividers, showers and walls. Glass block save energy, enhance privacy and security, reduce noise and seal out dirt. The wide selection of patterns, sizes and shapes are shown and the easy installation systems reviewed. PITTSBURGH CORNING. FREE. Circle No. 16.

VELUX Roof Windows and Skylights—New 1992 full-color brochure features helpful information and design ideas for the complete line of VELUX Roof Windows, Skylights, Sunscreening Accessories and Controls. New 1992 products include the Round Top Accent Roof Window and hand-held Infrared Remote Controls for operating out-of-reach skylights, roof windows and venetian blinds. Pricing and dealer list also included. VELUX-AMERICA. FREE. Circle No. 17.

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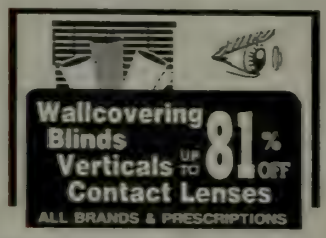
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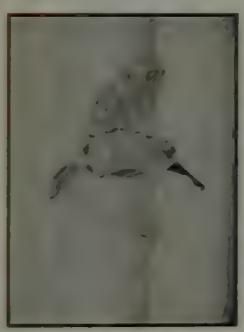
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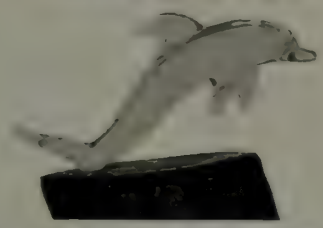


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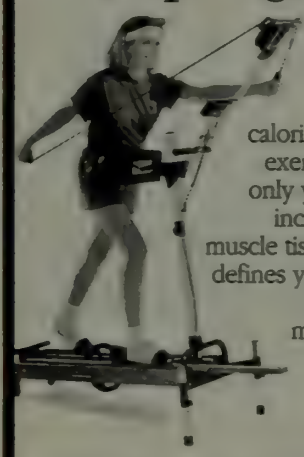


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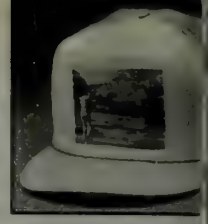
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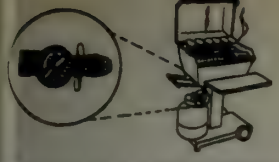
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THE MAN NEXT DOOR®

MAY 1993

■ Grandma Hillis likes the name taken by her group of friends who gather monthly to do needlework together: "The Old Sew-and-Sews."

■ Finishing his tax return was a load off his mind, says Bill Norman. Now he's looking forward to getting a little bit of the load back in his refund check.

■ Elaine Cowan, who never met a sale she didn't like, reports that she's been saving up for a rainy day, but expects to do a little cloud seeding if a reason to spend doesn't pop up soon.

■ I've found that the way to see a lot of old friends is to dash into the grocery store at a late hour dressed in my grungiest clothes.

■ Ken Floyd notes that the news out of Wall Street is quiet; nobody's been indicted lately.

■ Movie buff Dot Dresch argues that no cinematic special effect can ever compete for sheer terror with a bedside telephone ringing at 2 a.m.

■ Editor Earl Reeves says that gossip is a typical orphan. Everybody loves it but no one will own up to giving birth to it.

■ Rev. George Hall suspects that fishing was invented to give otherwise upright people an acceptable outlet for lying.



"Ladies and gentlemen, friends, and honored guests. I think I'm at the wrong function."



"Is it the decaf, Harold?"

■ It isn't easy to tell your growing-up children the way things are, notes Liz Randall. You have to wait until their children grow up to tell them.

■ Life can be cruel, Uncle Dodd Buckner says. Just about the time you find a cure for pizza-induced heartburn, your doctor tells you that you've got to go on a diet.

■ Pundits in this electronic age tell us that this is a cashless society, but Ken Floyd says that for a lot of us it's become a creditless society too.

■ Congressman Nick Hanfli says he loves nonelection years. "It's nice," he says, "to have conversations with people who have something on their mind other than lynching."

■ Editor Earl Reeves says recycled newsprint is a good new development in his business, but he sometimes feels as though he's seeing a lot of recycled news too.

■ Last weekend our Rosemary said she has been studying checks and balances. "My bank statement," she groaned, "not our government."

It was a pretty good idea so I told Christine about it. "I'm going to get the best alphabetized address book I can find," I said, "and I'm going to go through the house and make a note of all the things that we have trouble finding.

"Picture hangers, for instance. They'll go under P, and the entry will list them in the bottom drawer of my tool chest.

"Tax returns!" I continued. "You know how every spring we have t turn the house upside down lookin for last year's returns. They'll be i the book under T, for taxes, and I'll note that they're in the third drawer of the chest in the den. How about that!" I exulted.

"Wonderful," Christine said wit a smile. "And where will you put the entry that tells you where to find the address book that tells y where everything is?"

She's got a point. But I'm going to keep working on it just as soon as I can find a refill for my pen.

Burton Hill

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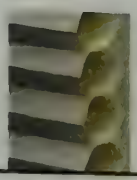


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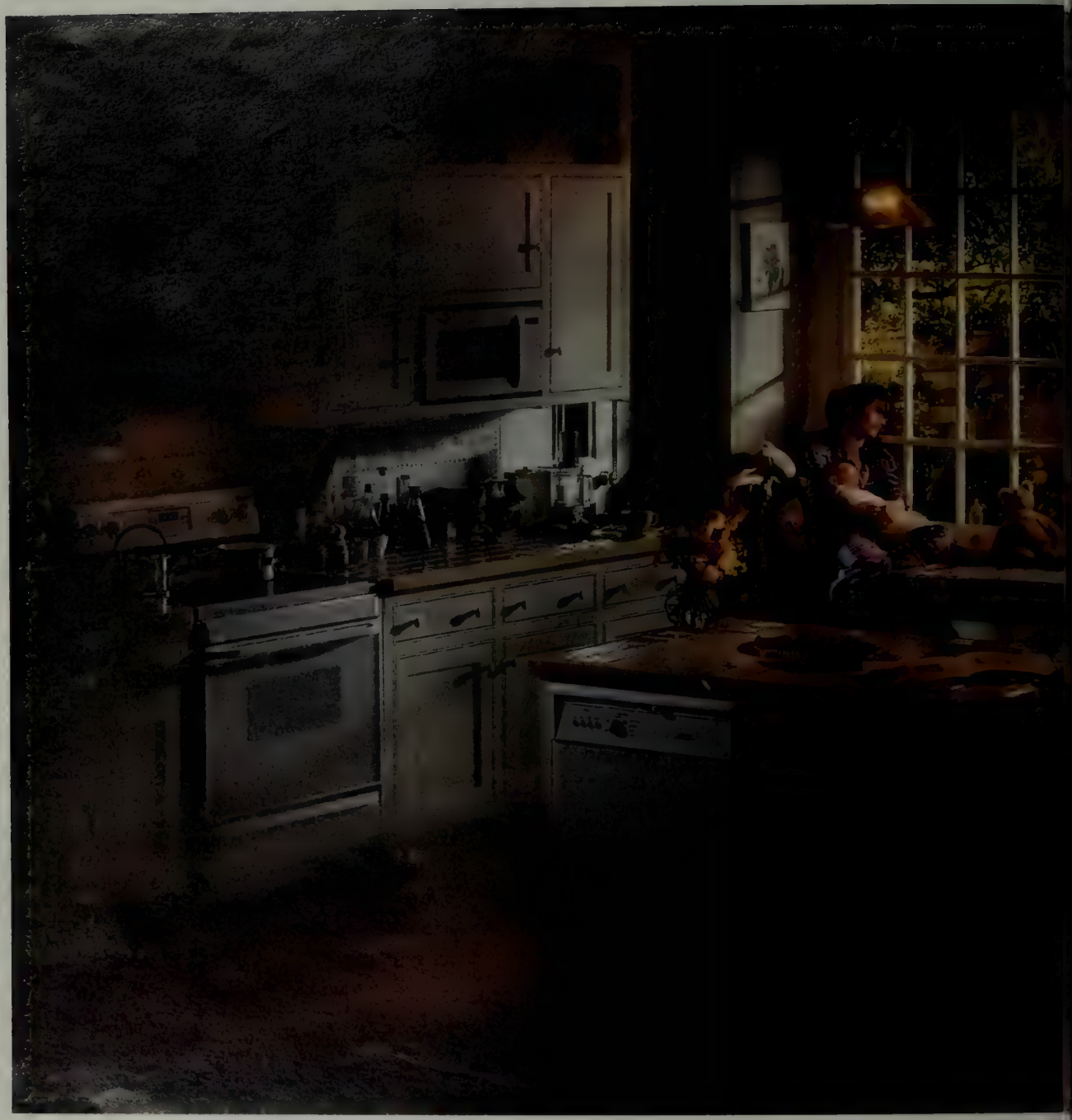
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Better Homes and Gardens

JUNE 1993; Vol. 71 No. 6

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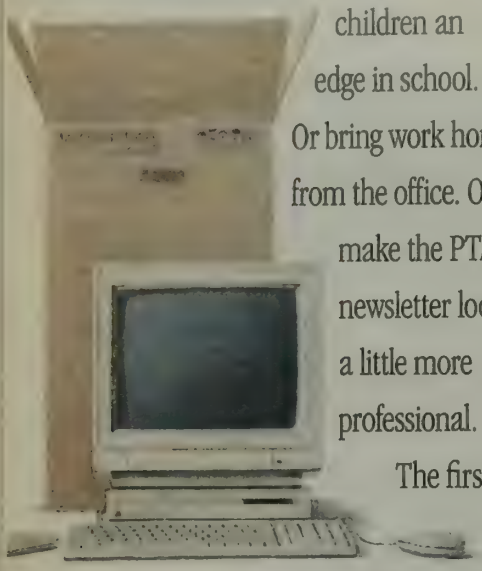
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How to buy your first personal computer.

This year, millions of families just like yours will decide to take home their very first personal computer.

You might be looking to give your children an edge in school. Or bring work home from the office. Or make the PTA newsletter look a little more professional. The first step in finding the right computer is to ask a few simple questions.



A computer should be easy to buy. So Macintosh Performa puts everything your family needs in one box.

What do you really need in a computer?

You can plunge into books thicker than the Peoria white pages to find the answer, immersing yourself in the megabytes and whosiwhatzits of computer terminology just to figure out your choices.

Or, you can look into a new kind of personal computer: Performa.™ The family Macintosh.®

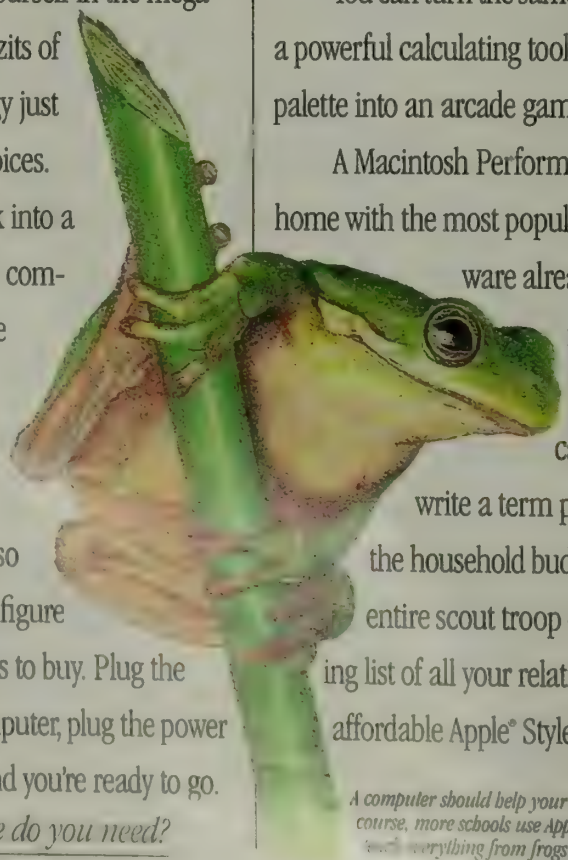
We started by putting everything together in one box, so you wouldn't have to figure out what components to buy. Plug the monitor into the computer, plug the power cord into the wall, and you're ready to go.

What software do you need?

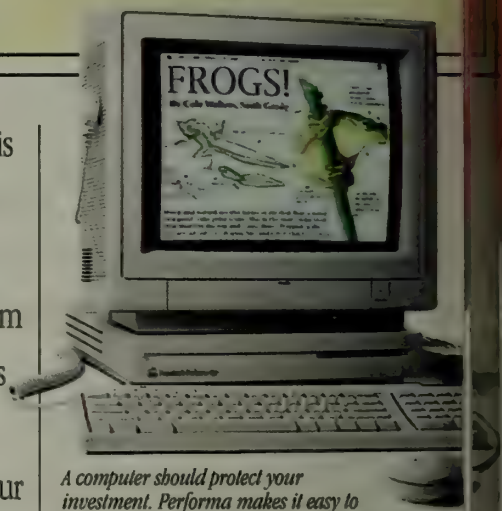
The magic of a personal computer is that you can change what it does simply by changing the software.

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A Macintosh Performa arrives in your home with the most popular kinds of software already installed. So right out of the box, your family can do things like write a term paper, calculate the household budget, organize an entire scout troop or keep a mailing list of all your relatives. (Plug in an affordable Apple® StyleWriter® II printer, and all these projects take on the professional look of typeset documents.)



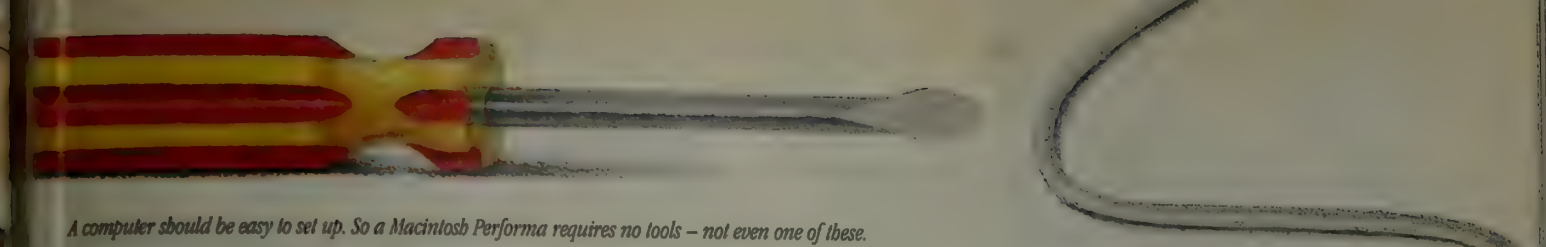
A computer should help your kids to learn. Of course, more schools use Apple computers – to teach everything from frogs to Flaubert.



A computer should protect your investment. Performa makes it easy to grow as your family's needs grow, to let you add new capabilities and take advantage of future innovations.

Of course, Performa also gives you the power to run thousands of other programs you can buy. If you use a computer at work, many of those same programs are available for the Macintosh Performa (from Lotus 1-2-3 to WordPerfect). And it lets your kids run many of the same software programs used in schools (more schools use Apple computers than any other brand).

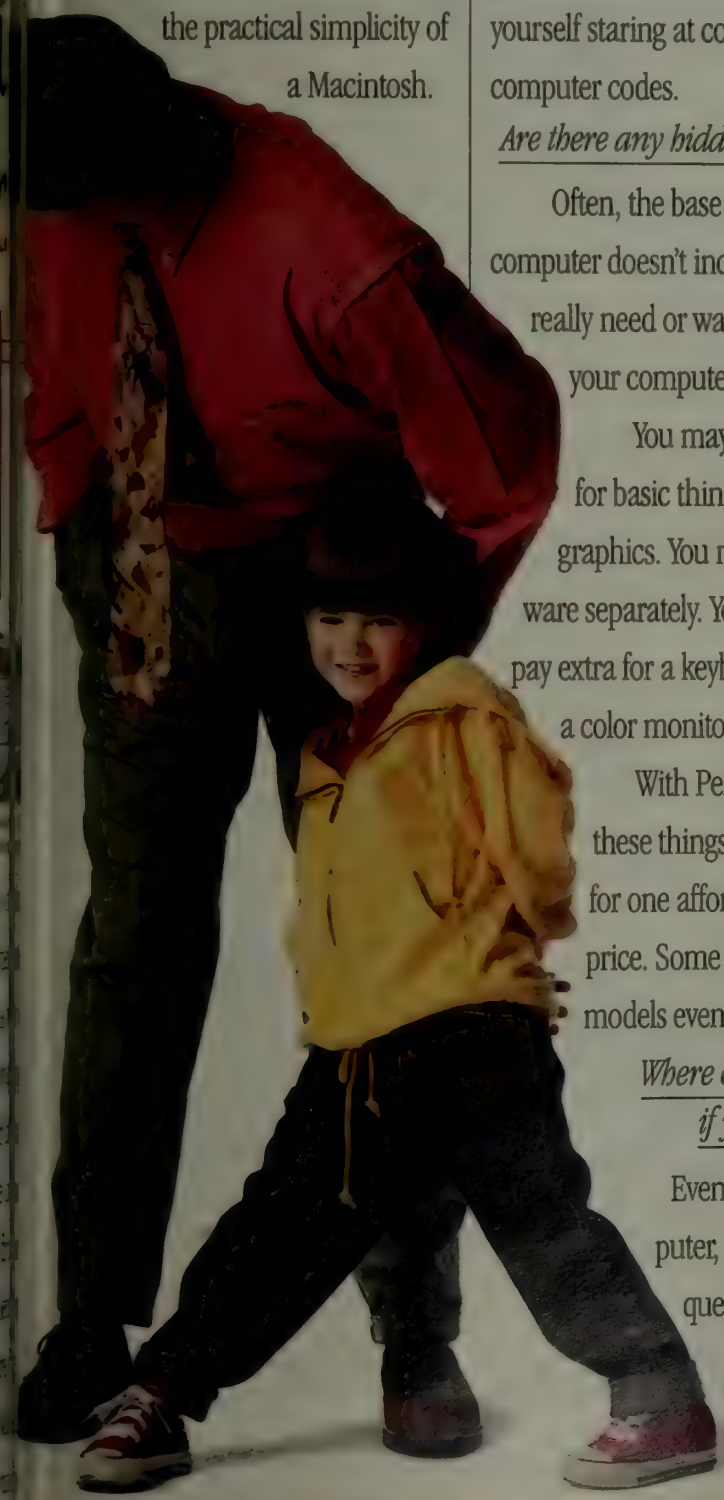
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A computer should be easy to set up. So a Macintosh Performa requires no tools – not even one of these.

Will everybody in the family be able to use it?

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Other computers may look simple in the store. But if you click the wrong button, you could find yourself staring at complex computer codes.

Are there any hidden costs?

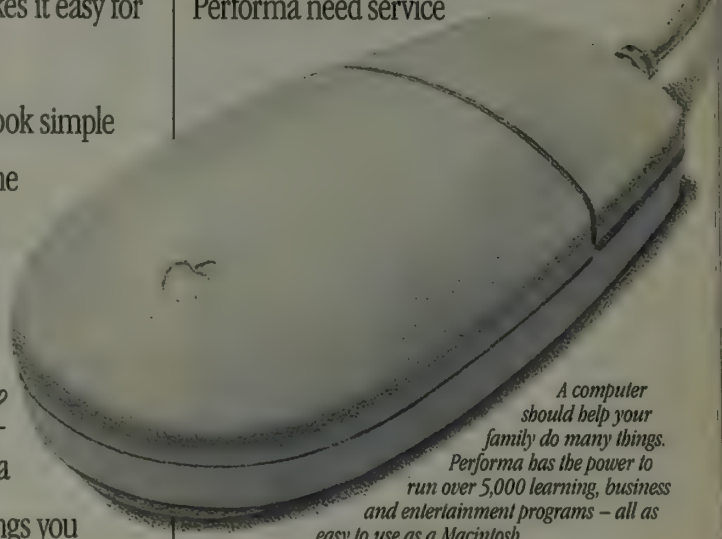
Often, the base price of a computer doesn't include things you really need or want as soon as you get your computer home.

You may have to pay extra for basic things like sound and graphics. You may have to buy software separately. You may even have to pay extra for a keyboard, a mouse and a color monitor.

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EDITOR'S LETTER

JUNE 1993



GEORGE CEOLLA

KEEPING THE BARGAIN FOR THE AMERICAN DREAM

Dear Readers,

In our February issue we launched a new feature called "Family Forum" with a questionnaire asking what you'd like to tell President Clinton and Congress. More than fifty thousand of you replied, and many took the time to write letters. You can read the results in the "Family Forum" article on *page 44.* The numbers are interesting, but your letters said much more.

During the recent presidential campaign, there was a loud voice from the people shouting, "We're mad as hell, and we're not going to stand for it anymore!" I'm here to tell you that the same attitude is alive and well, as expressed in your letters. I admire that basic American feistiness, but I was impressed, as well, by how deeply you believe in the American dream and by how hard you struggle to keep the dream alive.

A letter from a baby-boomer mom in New York seems to speak for many of you: "I'm not sure adding taxes on top of what we already pay will reduce the national deficit. The more they have, the more they will spend. The struggling middle class supports the poor, and pays the majority of the tax. The really rich stay rich, and the poor don't stand much of a chance to better themselves.

"I am divorced with two daughters, 16 and 13. Soon the oldest will want to go to college. I make too much money for her to get a grant, but too little to pay her tuition in full. Sometimes I feel like I'm between a rock and a hard place, and I know there are a lot of families wearing the same shoes."

The rocks and hard places other wrote about were different from th mom's, but the message was the sam You say again and again that there an unwritten bargain in America: you work hard, pay your taxes, an follow the rules, you and your famil will have a good shot at the America dream. But, after keeping your part o the bargain, you find that you don have affordable health care, your jo isn't secure, crime is on a rampag moral values are evaporating, and ev ery special interest group has a loude voice with government than averag American families.

But there's hope, too, in many o your letters and in your answers to th questionnaire. You say you're willin to sacrifice, willing to continue to kee your part of the bargain and more, you can feel that your government listening to you and playing fair.

During the campaign, signs wer posted in Clinton headquarters tha said, "It's the economy, stupid!" Yo agreed. The economy was your num ber one concern, but it goes muc deeper than that. It's about honesty integrity, and leadership. It's abou keeping the bargain. It's about resto ing the faith of our people in the government. It's a big job, Bill. We' counting on you.

David Jordan

David Jordan, Editor in Chie


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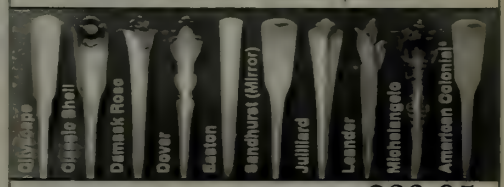
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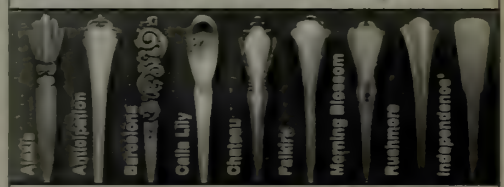
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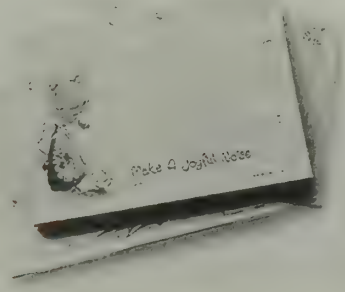
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GUILT TRIP

I work at home so I'm lucky enough to be with my 11-month-old daughter all day. Unfortunately, when my husband and I want to go out and leave the baby with a sitter, she throws a fit, I feel guilty, and we end up staying home. What should I do?

Diana Baker
Virginia Beach, Va.

SISTER OF THE BRIDE

Our 11-year-old daughter is having trouble adjusting to her 20-year-old sister's recent marriage. She's alone now and doesn't sleep well in the bedroom that she's always shared with her sister. She also seems jealous and even a little hateful toward her new brother-in-law. What can we do to help her adjust in a positive way?

Mother of the Bride
San Antonio, Tex.

DANCING FOR FITNESS

We're always reading about the health benefits of exercise for senior citizens. My wife, Annabelle, and I have learned that ballroom dancing is an excellent way for seniors to use their muscles and joints in a graceful, controlled manner that is well within their physical capabilities. Try it!

Vincent Milano
West Islip, N.Y.

TOO LATE FOR KIDS?

I'm in my mid-forties and have two teenage children. For more than a year now, I have had this overwhelming urge to have another child. My husband and I vacillate between wanting to experience the joy a child brings and wondering if we'd be making the biggest mistake of our lives. I would like to hear about the experiences of other "older" moms.

Undecided

ORGAN DONOR . . . OR NOT?

I'm seriously considering becoming an organ donor. I've read a lot about how donors benefit others, but I'd like to know if family members or friends ever experienced problems because their loved ones became donors. I jus need to hear another opinion befor making such an important decision.

Kerri S. Budimi
Saugus, Calif

HOME SCHOOLING

I'm the mother of two young chil dren (ages 1 and 2) and very con cerned about sending them to publi school. I have heard about other par ents who are home schooling thei children. How do I get started?

Teresa Hes
Evans Mills, N.Y

SLEEPING SOUNDLY

As a night-shift worker, it was near ly impossible for me to get enoug sleep when my daughters—ages 11 10, and 9—were home from schoo with illnesses or on holidays. I sug gested that they draw pictures of m while I slept. This simple assignmen has since evolved into cartoons poems, and stories.

Elizabeth A. McClai
Lansdowne, Md

INFURIATING FRIEND

Every time I wear something new or buy something for my home, one o my friends invariably asks me how much I paid for it and where I bough it. This infuriates me, but I don know how to get her to stop withou hurting her feelings. I hope some o your readers have suggestions.

Ruth Schwar
New York City, N.Y

WRITE TO US

Family Network welcomes letters describing how you solved a problem involving your family or your community, or letters asking for help with a problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.



Dear Mom,
Love you missed Sis's
Grandpa's visit. And I thank the
Lord for you.
I put the Precious Moments
figurine you sent in her drawer
so when I visit her it feels like
you're right here with me.
Maybe one day Sis will
have a daughter of her own and
a Special Delivery will be waiting
over your great-grandchild's
nursery.
I already know she'll treasure
it as much as I do.
Love always,
Ellen



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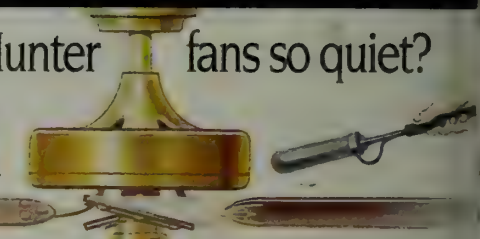
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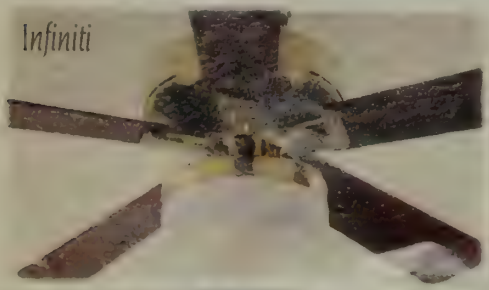


In independent testing, our fans were proven to be 81% quieter than the five largest competitors.*

Every Hunter fan is built with a powerful, smooth-running motor engineered specifically for use in our ceiling fans. With precision ball bearings and spec noise-reducing components between metal pa

Why is Hunter the style leader?

Below is just a sampling. With over 278 style to choose from, you may soon find yourself wanting a Hunter fan for every room in your hor


Infiniti


Orion


Southern Classic


1886

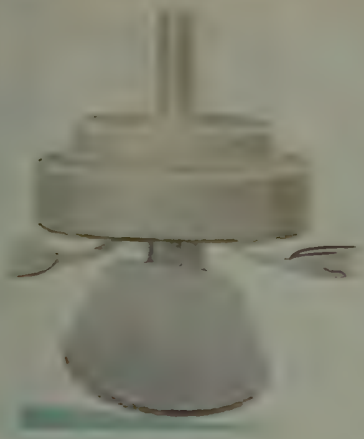

Millenium


1930's Original

Why do Hunter fans move more air?



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Others.

The greater the angle of the blade, the greater e air movement. And because we don't mpromise on the motor or materials, we're ble to set our blades at a more severe pitch r greater air movement. And greater comfort.

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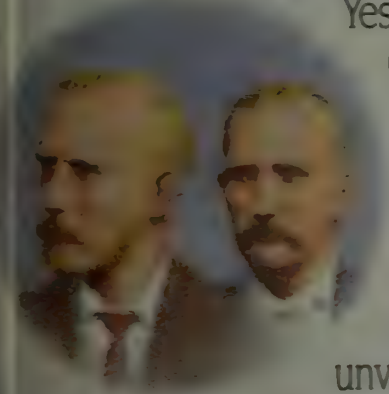
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the OUTDOOR *living room*

BY SANDRA S. SORIA



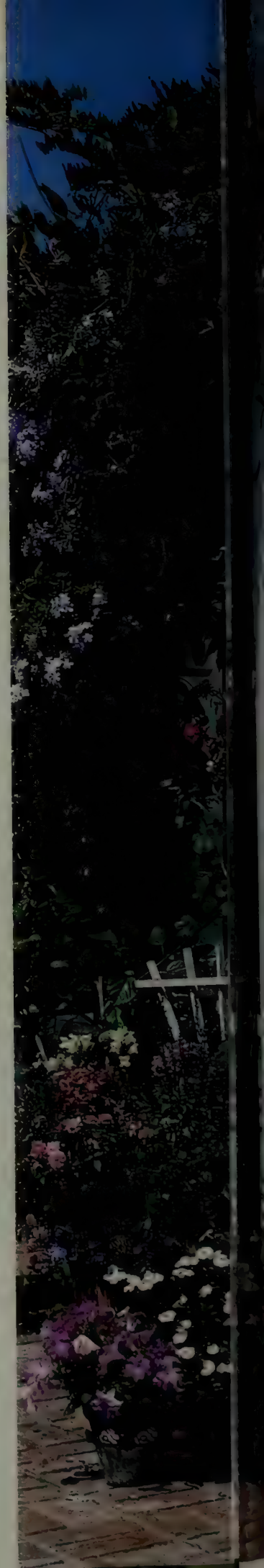
A winner in our BH&G®/Home Furnishings Council Decorating Contest, Linda Schoeneman of Bloomington, Ill., freshens her porch with sunny fabric and paint.

QUICK PERK-UPS FOR YOUR PORCH OR PATIO

Slip into something more comfortable this summer: a shady, breeze-catching oasis that relaxes and renews you. Whether your outdoor space consists of an old-fashioned porch or a simple slab of cement, here's how to turn it into a steps-away retreat.

OUTDOOR *living room*





Marilyn Mullins owned a suburban ranch house but dreamed of a charming summer cottage. She made her wish come true the easy way: by building a gazebo with all the romantic trimmings in her own backyard. Quick charmers such as the curvy precut balustrade, prefabricated trellis for the roof, and cutout brackets transform the basic eight-column structure into a lacy oasis. Enclosed by walls of greenery and blooms, the outdoor space enjoys all the comforts of home, such as cushioned seating for settling back and fabric-draped tables that are ready to serve. Although the lush vines sprout from planting beds beside the gazebo, many of Marilyn's flowers reside in portable planters that can be shuffled like decorative accessories into an ever-changing gallery of eye-pleasing displays.

Decorate your outdoor room with fuss-free furniture so you'll have time to relax. Shop import, discount, and even lumber stores for wicker furniture or classic wood pieces that you can customize with fabric and paint. If you don't want to shuttle fabrics in and out, shop for cushions with outdoor materials.

Photographs: Pamela Barkentin-Blackburn. Regional editor: Leslie Gregory

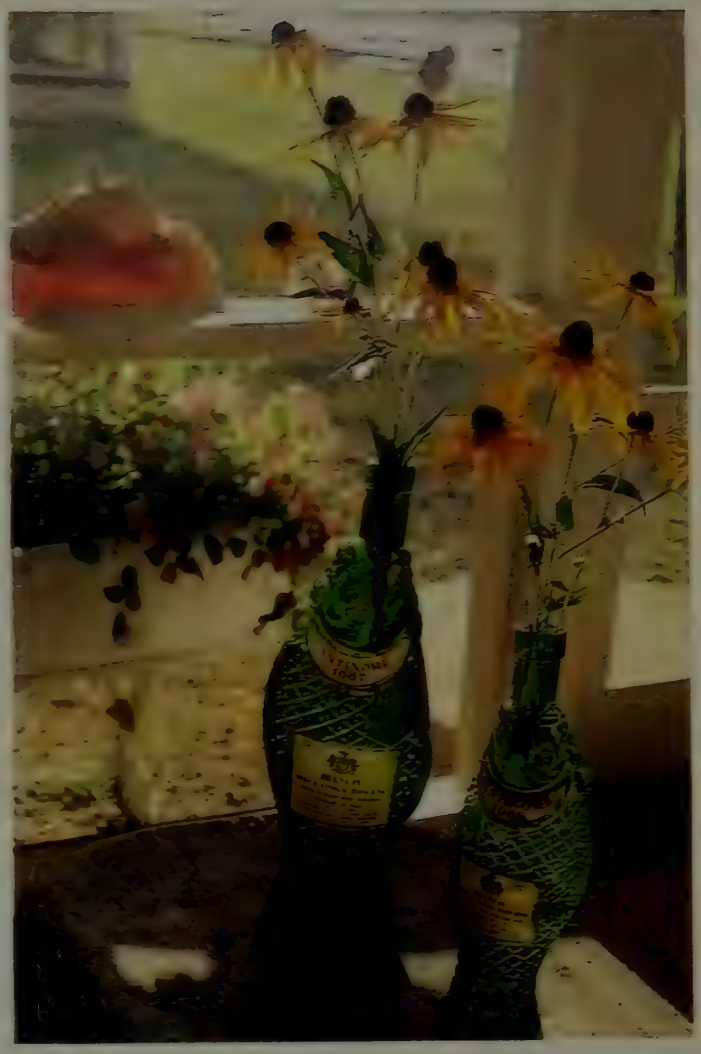




OUTDOOR *living room*

Like many part-time rooms, this one lives with handed-down furnishings—and that's its charm. When decorating the "summer living room" of their tiny second home on the Potomac, the owners, Eileen Deymier and interior designer Stephen O'Brien, had two goals: comfort and durability. No need to worry about windswept rain ruining the finishes—the pieces owe their uniqueness to naturally aged patinas. The two love the furniture not only for its comforting sense of history, but because it's as carefree as they want their guests to be. "Nobody need hesitate to put her feet up or a wet glass down," says Eileen. The pieces get cozy with a wardrobe of cotton cushions that can be whisked away at night or when the weather threatens. Even the straw matting that dresses a cement floor folds for easy stashing.





Think beyond outdoor furniture to give your space a distinct personality. A sturdy table and chairs, even bottled up blooms, take this plain screened porch out of the ordinary.

Photographs: Tim Fields.
Design: Stephen O'Brien, The H. Chambers Co.





Gathered from auctions and antiques shops, these pieces feel as comfortable together as old friends. The secret to mixing? Make sure pieces have a common bond. Here, color and a friendly farmhouse feeling make the link.



OUTDOOR *living room*

Finding the time and money to escape to a tropical paradise isn't a problem if you create an oasis of Caribbean-style comforts right outside your door. Wanting a change in mood from her cottagey wicker and chintz, designer Holly McGowan traded those pieces in for vintage rattan at an auction. At the time, the grouping's natural splendor was hiding under white enamel. A coat of golden-hued paint that was then wiped with a watered-down wash of brown latex gives them back their bamboo beauty. Holly dresses the pieces in reproduction fabrics that borrow their happy style from Hawaiian shirts. With such charismatic furnishings, Holly could complete the mood by filling in a few blanks with tropical greenery—orchids (mounted directly to the wall with hooks), ferns, and a feathery palm tree. For a finale, a delicate wisp of mosquito netting swoops down from tacks to filter street traffic and the sun.

Never mind your suburban backdrop, an outdoor space can go anywhere with themed furnishings. Want to let tropical breezes blow? Look for vintage rattan and fabrics at secondhand stores. Or, check with local furniture and fabric dealers for new rattan and reproduction fabrics.

Buying information, page 183.

Make my own jam? Now I can!



You won't believe how easy strawberry jam can be. Just follow the Sure•Jell® 3-step recipe below. Or for jam with 1/3 less sugar, use Sure•Jell Light® and the easy recipe inside its box. Now you can make homemade jam, no experience necessary.



SURE•JELL®
3-Step Strawberry Jam Recipe

STIR
thoroughly in large bowl
2 cups crushed strawberries
(buy 1 quart fully ripe strawberries)
4 cups sugar
Let stand 10 minutes, stirring occasionally.

MIX
in a small saucepan
1 box SURE•JELL® Fruit Pectin
3/4 cup water
Bring to boil over high heat, stirring constantly. Continue boiling and stirring 1 minute.

STIR
pectin mixture into fruit mixture. Continue stirring 3 minutes. (A few sugar crystals may remain.) Fill plastic containers to within 1/2-inch of tops; cover. Let stand at room temperature 24 hours. Jam is now ready to use. Makes about 5 (1-cup) containers.

Store in refrigerator or freeze extra containers. Thaw in refrigerator.

Important: Measure sugar and fruit exactly; do not change amounts or jam will not set properly. A potato masher works best for strawberries.





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me exceptional plates appreciate in : some plates go down, and many re- at or near issue price. But each edition se plates is strictly limited to a maxi- of 150 firing days, and demand is cted to be strong. So if you wish tain "Garden Discovery" or "Tran- y" (or both!) at its issue price, don't . The time to get these exceptional s is now—*before* they have a chance crease in value. To order your plate(s) lly backed by our unconditional day guarantee—send no money now. will be billed in two convenient thly installments. Simply complete nail the coupon. Order now from the ford Exchange...

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Please respond by: June 30, 1993

YES. Please enter my order for:

- ☐ **"Garden Discovery"** at $24.50*—two monthly installments of $12.25 (8601-E81291).
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I understand I need SEND NO MONEY NOW. I will pay for my plate(s) in two monthly installments, the first being billed before shipment.

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City State Zip

*Plus $3.49 postage and handling for each plate, and sales tax where applicable

Your Bradford Exchange Advantages:

- A hand-numbered limited-edition plate with a correspondingly hand-numbered Certificate of Authenticity
- The potential for appreciation: 1991's "The Magnificent Firebird" last traded on the Bradford Exchange at $100.00†** 28% of its $34.87 issue price; 1987's cat-theme plate, "Gone Fishing: Maine Coons," last traded at $80.00† 372% of its $21.50 issue price
- A BRADEX® number means your plate is listed for trading on the Bradford Exchange

**As reported in the Bradford Exchange Market Report, Vol. IV-11
†Reflects light trading

Plates will be shipped separately.

circus, circus!

big-top figures you can make

BY JILANN SEVERSON

It's the greatest show on earth! A trainload of circus figures, cut from white foam-core board and painted brightly, slip together for 3-D shapes that bring a parade of excitement to your table or room.



A starred, striped, and dotted ringmaster and his zebra pal set the stage for a three-ring party.



continued on page 34

LOVE CONQUERS ALL, EVEN ILLITERACY.



ere's never been anything romantic about iteracy, until now. Bestselling author Judith cNaught is proud to present *Perfect*, a werful love story about a woman who rcomes her own illiteracy to find ve and success. Together, Judith McNaught and the Coors "Literacy. Pass It On." program will donate a portion of the proceeds from this hardcover edition to women's literacy organizations, making this bestseller the most powerful love story of all. You'll find *Perfect* at your local bookstore.

Coors
LITERACY. PASS IT ON.

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circus circus!

continued from page 32



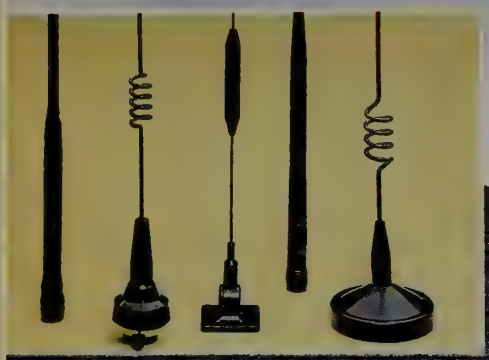
Cut out your favorite figures, then mix and match them to a kid's room that's painted in circus-tent stripes.

continued on page 37


One taste and you'll never guess what's missing.
½ the fat, ⅓ the calories,* all the cholesterol
Introducing Chicken Tonight™ Light from Ragú.®
So delicious you won't believe it's light. Try new Italian Primavera, Honey Mustard, and Sweet and Spicy simmer sauces. Just brown, simmer, serve and enjoy.
CHICKEN TONIGHT Light
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CHICKEN TONIGHT Light
It's gonna be great tonight.

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America comes to Radio Shack

Radio Shack is America's #1 antenna store, with types for nearly every application. Choose from ou wide selection of outdoor and indoor antennas for TV and FM, plus dozens more for cordless an cellular telephones . . . CB, Ham and shortwave communications . . . automotive and marin radios, scanners and more. We stock a complete selection of mounting hardware and performanc boosting antenna accessories—our knowledgeable, friendly folks can help you find just what you need. Come in today and discover why 50 million satisfied customers shop our 6600 nationwide stores every year. The difference is clear. *Nobody Compares!*

Radio Shack
AMERICA'S TECHNOLOGY STORE

circus, circus!

continued from page 34

The simple shapes cut from foam-core board with a sharp crafts knife slip together for quick assembly, then slip apart for easy storage. The real fun is in the painting. You'll have a roaring good time selecting colors and adding the details that make each critter a big-top star.



They've been framed! Display your circus as a piece of art behind frames, on a pedestal, or at center stage.

continued on page 38

When I said I wanted my indoor pool to seem like it was outdoors, most window manufacturers wouldn't even get their feet wet.

MARVIN DOVE RIGHT IN.



We made double-hungs 16 feet high for the Illinois State Capitol. We made a 4' x 6' cloverleaf window for a rancher in Montana. And for a Texas football fanatic, we made a football-shaped window, complete with custom-cut wooden grilles for the laces.

So if you want your windows to make a splash, bring your ideas to the company that's not afraid to take the plunge. Marvin Windows.

For a **free** copy of our 96-page catalog featuring the entire line of Marvin windows and doors, mail the coupon or call **1-800-346-5128** (in Canada, 1-800-263-6161).

Send to: Marvin Windows, Warroad, MN 56763.

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Address_____

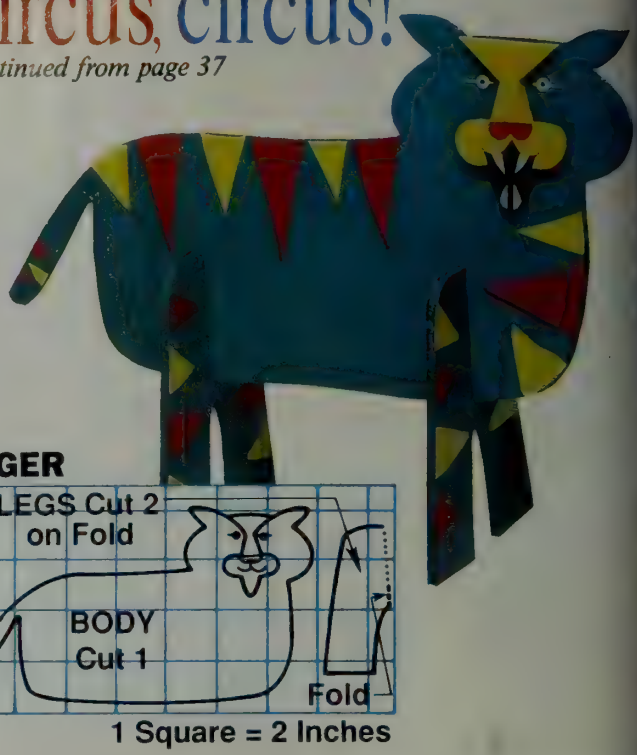
City_____ State_____

Zip_____ Phone (_____)

MARVIN WINDOWS ARE MADE TO ORDER.

circus, circus!

continued from page 37



To order detailed full-size patterns for the six animals and ringmaster, send a check or money order for $9.95 to Better Homes and Gardens Crafts Patterns, P.O. Box 9255, Dept. FS-1, Des Moines, IA 50306.

CIRCUS FIGURE INSTRUCTIONS

Materials: 3/16-in. foam-core board or ¼-in. hardboard; acrylic paints and self-adhesive vinyl scraps in following colors: yellow, blue, lilac, dark orange, white, black, purple, blue-green, and red; dark green self-adhesive vinyl; black marking pen; crafts knife and extra blades for cutting foam-core board or scroll saw for cutting hardboard; 7-in.-long ⅛-in.-diameter dowel or wooden skewer for elephant's flag; small bead for flagpole tip; fine-tip paintbrush.

Instructions: Enlarge patterns (*above* and on *pages 42–43*) to scale. Flop pattern on fold line to make complete pattern. Dashed lines indicate fold lines. Dotted lines indicate slot cut for fitting parts together. *Note:* Cut slot length to match line; cut width to fit matching piece. Heavy lines indicate cutting line. Thin lines note detail markings.

Transfer to foam-core board or hardboard; cut out with crafts knife or scroll saw. Before cutting slots, check measurement of slot against thickness of board to be sure pieces fit together properly. *Note:* Change blade frequently for smooth cuts. Paint as directed below; let dry. Cut and apply self-adhesive vinyl details. See photographs on *pages 32, 34,* and *37* for details. Decorate both sides.

When finished, fit legs, arms, or mane to body in desired positions.

Tiger: Following nose and mouth outline on pattern (*above*), cut 2 face sections from foam-core board; set aside. Paint body and legs blue-green; paint face yellow.

Cut alternating body stripes from yellow and dark orange self-adhesive vinyl; cut nostrils from orange self-adhesive vinyl. Cut mouth opening from black; cut teeth from white. Stick vinyl pieces to face.

continued on page 42



Individually numbered by hand with 24 karat gold.

Plate shown smaller than actual size of 8" (20.32 cm) in diameter.

...ting the first-ever ...ner plate by award-winning ...scape artist Violet Schwenig, capturing ...he charm of an English country garden.

...tranquil spring afternoon in the English countryside is a ...feast for the senses. Blossoming trees burst into a profusion of ...and fragrance. Flowering vines embrace a quaint, thatch-roof ...ge as it emerges around the bend. And a pair of ducks glide ...medly to the edge of the pond.

...idyllic scene captured by master of landscape art ... Schwenig in "A Cozy Glen." In the tradition of the finest ...bles, this imported heirloom collector plate is crafted of ...rcelain, hand-numbered and bordered in *24 karat gold.* ...signature mark of the artist appears on its reverse side.

...ced at just $29.50, this Limited Edition will be *closed forever* ...ust 45 firing days. Available *exclusively* from The Franklin ...Franklin Center, PA 19091-0001.

A Limited Edition Collector Plate. Hand-Numbered and Bordered in 24 Karat Gold.

The Franklin Mint
Franklin Center, PA 19091-0001

Please mail by June 30, 1993.

Please enter my order for A Cozy Glen by Violet Schwenig. I need SEND NO MONEY NOW. I will be billed $29.50* when my plate is ready to be sent. *Limit: one plate per collector.*

**Plus my state sales tax and $2.95 for shipping and handling.*

SIGNATURE _____
ALL ORDERS ARE SUBJECT TO ACCEPTANCE

MR/MRS/MISS _____
PLEASE PRINT CLEARLY

ADDRESS _____ APT. # _____

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Satisfaction Guaranteed. If you wish to return any Franklin Mint purchase, you may do so within 30 days of your receipt of that purchase for replacement, credit or refund.

The only cordless mixer with a split personality.

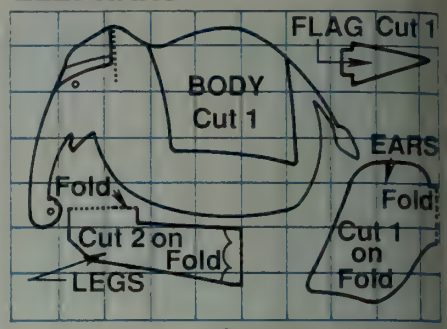


Now you can mix, then blend, then mix again. All with a simple flick of the wrist. The HandyMixer™ Cordless Beater. Fun to use, in its own twisted way.

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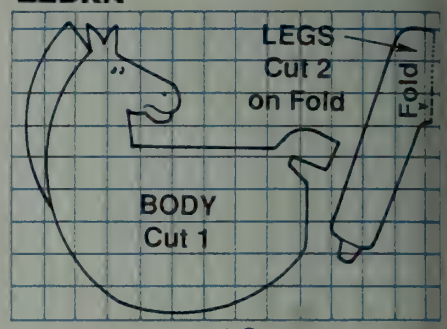
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ELEPHANT



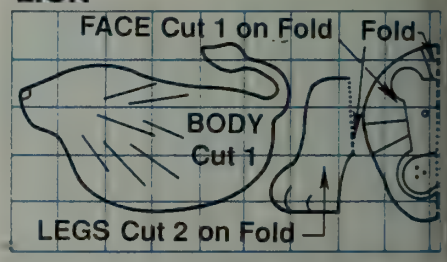
1 Square = 2 Inches

ZEBRA



1 Square = 1 Inch

LION



1 Square = 2 Inches

circus, circus!

continued from page 38

Glue face pieces to each side of body. Cut eyes from white and eye slits from yellow; adhere to face. Mark eye center with black and paint upper lip line black.

Elephant: Cut 2 blanket and 2 headpiece shapes from foam-core board; set aside. Paint body purple; paint ears and legs blue-green. Paint blanket and headpiece shapes yellow.

Cut lilac toes; adhere. Cut orange ovals; place in center of middle toes. Cut 2 flags from yellow self-adhesive vinyl. Cut lower headpiece band, scalloped blanket edge, and small stars for flag from orange; adhere.

From dark green vinyl, cut circles on headpiece and blanket and teardrop corner pieces on blanket. Cut blanket stripes from lilac. Adhere all pieces. Make eyes as for giraffe; pierce hole in trunk for flagpole.

Glue blanket and headpiece shapes in place. Attach flags to dowel; place bead on dowel, tapering dowel if necessary. Slide dowel through trunk.

Zebra: Paint body and legs yellow. Paint hooves, eyes, nostrils, and mouth black.

Cut black body stripes and dark orange mane and tail stripes from self-adhesive vinyl; adhere to body.

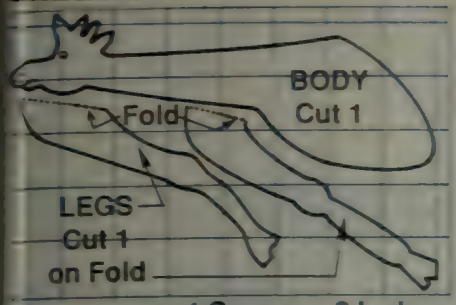
Giraffe: Paint entire body blue; paint legs yellow.

Cut yellow body spots from self-adhesive vinyl; apply to body side. Cut white eye; press in place. Mark eye center with black dot.

Lion: Paint body dark orange, except tail tuft and nose, which are black. Paint legs and head yellow; paint toe marks black.

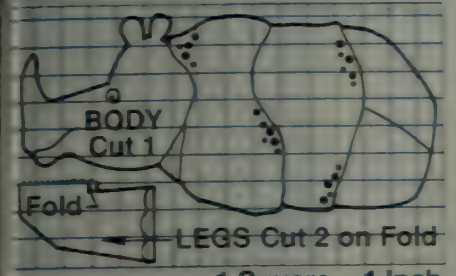
Cut body stripes from yellow self-adhesive vinyl; cut head stripes from dark orange self-adhesive vinyl. Cut upper face from black and cheeks from white. Cut 6 small black dots for whiskers and 2 white eyes. Mark eye center with black.

GIRAFFE



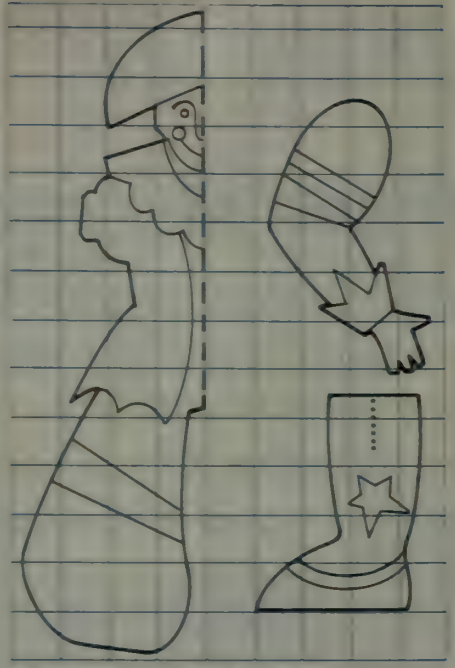
1 Square = 2 Inches

RHINOCEROS



1 Square = 1 Inch

RINGMASTER



1 Square = 1 Inch

Rhinoceros: Paint body lilac and legs purple; paint mouth black.

Cut body section marks from purple self-adhesive vinyl; cut body spots, toes, and inner ears from blue-green self-adhesive vinyl. Apply to both sides of body and legs. Cut eye from white; mark eye center with black dot.

Ringmaster: Paint boots red; paint face details with fine black lines.

From red vinyl, cut front and back hat band, jacket front and lower edges, leg stripe, and cuffs. Draw jacket lower back as desired, using front shapes for guidelines; cut red vinyl to fit. From blue vinyl, cut teardrop shape for hat, front and back collar, and eyes. For rest of hat, cut dark green stripes and yellow half-circle for front from vinyl. Cut hair from black. For back hair, cut entire head shape from black.

On face, cut lilac cheek circles and red mouth diamond. Cut neck from yellow, collar stripes from dark green, and collar dots from purple.

Cut jacket waistband from dark green and upper scallop on jacket lower edge from yellow. Cut purple dots for jacket points. Cut 3 stars for each leg front and back.

For each side of each boot, cut purple star, yellow bottom, and blue stripe above bottom.

For sleeves, cut purple, yellow and blue stripes. Cut yellow dots for cuff points. Determine desired arm positions; cut slots to fit arms to body.

Which Yorkie Is Too Porky?



It's hard to spot an overweight dog using your eyes. Instead, use your hands. Put your thumbs along your dog's spine and your fingers around his middle. If you can't easily feel his ribs, you may have a good reason to get your hands on Purina® Fit & Trim® brand adult dog food.

It's specially formulated with fewer calories and less fat than the leading brand, to help dogs that lead *too* much of a dog's life.

So try the test. And if your Yorkie's too porky (like the one on the right), try Purina Fit & Trim.



Purina® Fit & Trim®. What every dog should be.

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DEAR PRESIDENT CLINTON:



Mainstream Americans are deeply concerned about the future of their country and their families. That's what more than 50,000 readers of *Better Homes and Gardens*® tell us in a questionnaire that we ran early this year about the major issues threatening the well-being of American families. Here is the report we promised you and Congress.



David Jordan, Editor in Chief

Economic issues—the deficit, unemployment, and health-care costs—rank high on our readers' list of concerns. So do crime, the quality of education, the environment, and a sense that deteriorating values threaten the family and our country. But in the survey returns and in the thousands of letters that accompanied them, we sense a willingness by many of you to do your part and try new solutions—provided that government and other leaders do their part, too. Here are highlights of what you said. As promised, we presented the report to the White House (photo, *right*) and will send it to every member of Congress.



David Jordan presents our report to White House Chief of Staff Mack McCarty.

FIRST, THE ECONOMY

Eighty-two percent of all respondents rank economic issues—the budget deficit (44 percent) or unemployment (38 percent)—as the first or second most important threats to families. "If the budget deficit were under control," writes a working mother from Vermont, "these other social problems could be addressed." A Tennessee mother asks, "What good is it to turn out bright, highly educated young people, if no one will hire them?"

The deficit concerns folks ages 50 or over the most—75 percent rank it among the top five problems, compared to 67 percent for ages 35 to 49 and 66 percent for those under age 35. Unemployment concerns rise with age as well, from 62 percent for the youngest to 77 percent for the oldest.

What would you do to decrease the deficit? Frankly, the easy answers come first: Raise taxes on tobacco and alcohol, say 64 percent. Raise taxes on household incomes of more than $200,000 a year, say 63 percent, but few respondents have incomes over that threshold. Sixty-two percent would tax social security income fully for households making more than $100,000 a year on other income; 66 percent of respondents ages 50 or over would do so. Thirty-eight percent of all respondents would limit tax deductions on first and second homes to a total mortgage debt of $500,000.

Two proposed taxes receive little support: 23 percent would raise taxes on gasoline; 15 percent would add a national sales tax. A good number denounce taxes overall, with notes like, "Too many taxes!" and "Less government is good government."

WASTE AND GREED

While 38 percent would cut back on government services to decrease the deficit, the abiding theme was anger: "Special interest groups and PACs have taken priority over family issues," writes a New Hampshire woman. Says a single mother from Colorado: "I regret that the voices of average, everyday Americans of every color, sex, ethnic origin, social status, and faith cannot be heard over the clamor of special interest groups."

"Why do congressmen and senators keep getting large pay raises when they are not doing their job?" asks an Oklahoma homemaker, echoing others. A retired couple takes the campaign process to task: "If the candidates took all the money they spent on advertising and mudslinging," they say, "and gave it to health care, medicare, social security, etc., there might not be so many people living on the streets, people starving and dying."

This challenge from a middle-aged man in California summarizes the mood succinctly: "Prove to me that we are truly cutting cost and waste, and I will pay higher taxes."

continued on page 46

BY MARGARET DALY

)UR COMPETITION DREAMS OF MAKING CAR LIKE TAURUS.

WEET DREAMS.



ORD TAURUS

While others spend their time dreaming about making a car like Taurus, we've spent ours making America's best-selling car even better.* We've continued to improve everything from Taurus' suspension and handling to its ergonomically designed controls. We even added the security of available anti-lock brakes.

You can wait until the other guys make their dreams come true. Or you can get behind the wheel of a Ford Taurus today.



Standard driver's and optional right-front passenger air bag supplemental restraint system. Always wear your safety belts.

HAVE YOU DRIVEN A FORD LATELY?

Ford

d on 1992 calendar year manufacturer's reported retail deliveries.

FAMILY FORUM REPORT

continued from page 44

HEALTH CARE: DO SOMETHING!

Thousands of respondents wrote in "health care" or "health care costs" as a major problem, with 54 percent of the write-ins ranking it first or second in importance. "What good is it to work for the American dream if all our money is paying medical bills?" asks a South Carolina mother of three.

Answering our specific question about health-care costs, only 7 percent of you feel that we should not change the present system. Many are for basic change: Forty percent say that everyone should have health insurance coverage, even if that means less individual choice about health services, and thirty-six percent say that everyone should have coverage, even if that means higher taxes.

Businesses should provide health insurance to all employees or contribute to a fund that would provide health insurance for everyone, according to 51 percent of respondents. The under-35 group most approves this route (57 percent); about half of each of the other two groups do.

Anger at waste and greed in health-care costs, as with government, is compelling. "My husband nearly died a year ago," says a California homemaker with two children. "The hospital bill came to $65,000. They charged $35 for one teaspoon of cough syrup!" "Cut out the expensive paperwork," suggests a retired woman from Georgia. Some of you feel that consumers should be more discriminating in questioning the necessity of medical treatments. A number of you suggest limiting liability costs.

"Special interest groups have taken priority over family issues."

CRIME AND VALUES

Twenty-two percent of all respondents rank crime/drugs as the number one threat to the well-being of the American family. Another 22 percent rank it second. Our 50-or-over respondents are the most concerned, with 85 percent placing it among the top five problems, compared to 79 percent of those ages 35 to 49, and 78 percent of those under age 35.

Many of you express concern about our criminal justice system. "Probation and parole are taken for granted and greatly misused," writes a 30-something Illinois mother of two children. Like many others who wrote to us, she links this concern with a general decline in values and responsibility. "Everyone is ready to place blame on everything and everyone," she says.

"What good is it to work for the American dream if all our money is paying medical bills?"

Eroding values are a serious threat to families, say many. "I worry that in the process of protecting children, we are not teaching them tolerance, endurance, and many other traits our country was founded on," writes a Texas woman. Values impact education too. "How can learning take place when mom and dad do not support the schools?" asks a California teacher. A sixth-grade teacher in Vermont says: "Students are coming to school hungry, tired, and poorly motivated to learn. If the family structure is not intact, then school becomes a haven for kids rather than an opportunity to learn."

COLLEGE COSTS

Three out of four of you think that automatic payroll deductions make sense for repaying college loans. Two years of community service appeal to forty-eight percent of all respondents—53 percent under age 35 and 56 percent of those 35 to 49 (the parents). The 50-or-over group is not as supportive of the idea—just 39 percent; 29 percent say students should pay off college loans by contract (22 percent overall agree), like any other loan. Thirteen percent of all respondents approve of tax breaks on education loans, even if that means increasing other taxes.

OTHER CONCERNS

Child care. Just 22 percent think that increased tax breaks are the way to handle child-care costs, and only 15 percent favor tax subsidies for low-cost programs. On the other hand, forty-six percent—59 percent under age 35—feel that employers should provide on-site child care. The issue is controversial: 38 percent overall (48 percent ages 50 or over) say that families should solve their own child-care problems.

Elder care. There is much support (67 percent) for tax deductions or credits for long-term-care costs, including custodial needs. Seven of ten in the 35-to-49 age group—the sandwich generation—approve of the policy. Almost half of all respondents (59 percent under age 35) want businesses to make long-term-care coverage a fringe benefit, with employee contributions.

Home health care should be covered by medicare even if that means raising medicare taxes, say 39 percent of respondents; 26 percent want medicare to cover custodial nursing home costs, even if that takes more taxes. Predictably, the medicare solution appeals more to the older groups.

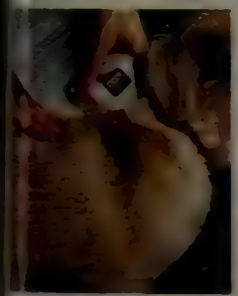
The environment. Forty-two percent of our respondents rank the environment among their top five concerns, after the budget deficit, crime/drugs, unemployment, and education quality. Age makes a difference: 48 percent under 35 are concerned about the environment, as are 47 percent of ages 35 to 49. Only 35 percent ages 50 or over share this concern. (We'll report on our May environment questionnaire later.)

Affordable housing. Sixty percent of all respondents approve of tax incentives for first-time home buyers. The under-35 group wants this most (67 percent, compared to 57 percent for ages 35 to 49 and 59 percent ages 50 or over). Nearly one of five respondents feels there should be no incentive for first-time buyers, but only 13 percent of the under-35s concur.



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SUMMER READING FOR KIDS
Great books for preschoolers through preteens

Interesting your child in summer reading can be more difficult than getting the sand out of your swimsuit after a day at the beach. "There are so many things that attract children's interests during summer," says Ruth Graves, president of Reading is Fundamental, a nationwide organization that encourages children to read.

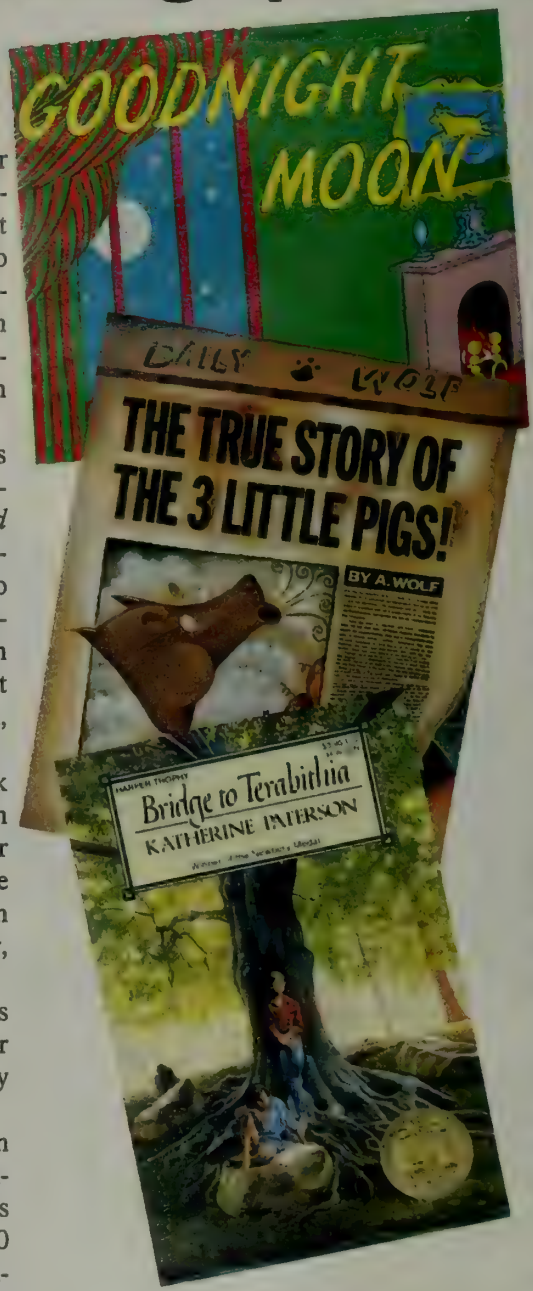
Summer reading can be fun, but it's also helpful academically. Jim Trelease, author of *The New Read Aloud Handbook* (Penguin, $9.95), cites a recent study that showed that kids who read at least six books over the summer scored better on reading tests in September than those who hadn't read at all. "The kids who didn't read, didn't grow," Trelease says.

Free from the stresses of homework and "required" reading, summer can be a great time for kids to read for sheer enjoyment. But it can't be forced. "If your child is interested in soccer," Trelease says, "then, initially, I'd get a lot of soccer books."

The main thing is to get your kids near books, Graves says. Try summer reading programs at your local library or children's book clubs.

With all the choices, selection can be tough. We asked experts to highlight some of the tried-and-true books for children. Between 4,000 and 5,000 titles are published each year, according to Anita Dore, who chairs The Child Study Children's Book Committee at Bank Street College of Education in New York. Not all of them are of the highest quality, but thousands of good choices are out there.

Our list includes books for very young children (six months) up to age 12. We wanted classics and some soon-to-be classics. Mostly, we wanted books that would grab a child's attention even as waves slap the beach, balls crack on bats, and burgers sizzle on the grill.



A word of caution. We've suggested appropriate ages, but don't be pigeonholed by them. Steven Bialostok, author of *Raising Readers: Helping Your Child to Literacy* (Penguin, 1992), recalls a former student:

"Bryant was bright and could read as well as anybody I knew," Bialostok says. "He came to me in tears one day, holding a book that said 'recommended for ages 7 to 9.' He said, 'I can't read this because I'm only five.' " The child had fallen into the same trap that trips up adults: believing that the reading levels are gospel. Instead, says Bialostok, use them as guides, but depend on your own knowledge of your child to select appropriate books. "You want to find books with stories that connect with children's lives and interests," he says. Here are some books that will do just that. (Note: Prices are for the least expensive edition, usually the paperback.)

What Is It? by Tana Hoban (Greenwillow, $4.95). Hoban's photography of real-life items grabs babies' attention. This and others by Hoban are great first books because the sturdy hardboard pages can't be torn (or eaten) too easily. *Ages 6 to 18 months*

Brown Bear, Brown Bear, What Do You See? by Bill Martin Jr. (Henry Holt & Co., $14.95). This colorfully illustrated book asks its title question over and over again. Answers are a rhyming lesson in animals and colors. "This is the kind of book that kids ask for repeatedly," says Bialostok. "It's highly predictable, with lots of rhyme, rhythm, and repetition." *Ages 1 to 5*

Strega Nona by Tomie DePaola (Simon & Schuster, $19.95). Beautiful pictures detail the story of a witch whose helper disrupts her magical pasta dish. The story will surprise and delight young listeners. *Ages 1 to 5*

Goodnight Moon by Margaret Wise Brown (HarperTrophy, $3.95). Soothing prose and delightful pictures by Clement Hurd highlight this classic bedtime story of a bunny turning in for the night. *Ages 2 to 6*

If You Give a Mouse a Cookie by Laura Joffee Numeroff (HarperCollins, $13). A well-meaning boy gives a mouse a cookie, and the little rodent won't leave him alone. This humorous story comes full circle. "Kids love books that have surprises," says Ann Ruethling, founder of Chinaberry Books, a mail-order catalog of chil-

continued on page 50

NEW WATERMELON JELL-O®

ut a wiggle in their watermelon.



Everyone wants to get their hands on a wiggly slice of new watermelon flavor Jell-O® Gelatin.

JELL-O® WATERMELON SLICES

*2 pkgs. (4-serving size) or 1 pkg. (8-serving size) JELL-O® Brand Watermelon Flavor Gelatin
2 cups boiling water
1 cup cold water
*1 cup thawed COOL WHIP® Whipped Topping
3 drops green food coloring

DISSOLVE gelatin completely in boiling water. Stir in cold water. Pour into 8-inch round cake pan. Refrigerate 4 hours or until set.

UNMOLD. Dip pan into warm water for 10 seconds. Gently pull gelatin from edges with moist fingers. Place moistened serving plate on top of pan. Invert; shake slightly to loosen. Gently remove pan. Cut in half.

MIX COOL WHIP® with food coloring. Spread on rounded edges to make "rind." Cut into wedges. Makes 8 servings.

*ALSO TRY SUGAR-FREE JELL-O® WATERMELON GELATIN.



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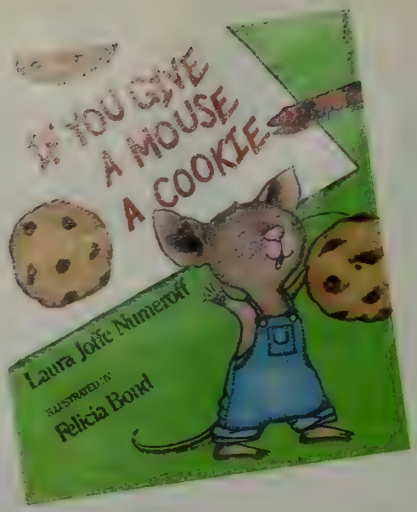
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dren's literature. "Even on the umpteenth reading, they still love books with surprises." *Ages 1 to 5*

The Runaway Bunny by Margaret Wise Brown (HarperCollins, $3.95). When a bunny tells his mother he's running away from home, she promises to follow him wherever he goes. It's a story of devoted motherly love. "Kids love to be told that they're loved no matter what's happening," Ruethling says. *Mama, Do You Love Me?* by Barbara Joosse (Chronicle Books, $12.95) is another title that touches the same theme. *Ages 1 to 5*

Dogger by Shirley Hughes (Morrow Junior Books, $4.95). When a small boy loses his all-important stuffed dog, his parents and sister pitch in to find it. Trelease says books for young children should touch on ideas that are real in their own lives. Attachment to a security object is one such idea for small children. *Ages 1 to 5*



The Indian in the Cupboard by Lynn Reid Banks (Avon, $3.99). When a boy puts a small Indian in a cupboard, it comes to life and teaches the youngster about life in the 1700s. "Kids love stories about little people, and this remains one of the most popular books in American classrooms," says Trelease, who also recommends the sequels: *The Return of the Indian, The Secret of the Indian,* and the newest title, *The Mystery of the Cupboard. Ages 6 to 10*

Owl Moon by Jane Yolen (Philomel Books, $14.95). The relationship featured here, between a father and daughter who look for owls on a winter walk, will break the summer heat and touch young children. *Ages 6 to 10*

The True Story of the Three Little Pigs! by John Scieszka (Viking Children's Books, $15). Told from the perspective of the wolf, this humorous account of the classic tale makes the big bad wolf into an innocent victim. Trelease points out that kids want to laugh at books for the same reasons we do: Because life is complicated and books offer a great way to give perspective on life. *Ages 6 to 10*

FOR OLDER READERS

Tuck Everlasting by Natalie Babbitt (Dell, $7.25). This book addresses the possibility of living forever through a young girl who finds a family that is eternally youthful. It's a touching story, recommended by Trelease and Anita Dore. *Ages 10 to 12*

Bridge to Terabithia by Katherine Paterson (HarperCollins, $3.95). The story of two 10-year-old friends is

I hate to iron. I hate to iron. I hate to iron

ouching and mind-opening, addressing the issue of death. *Ages 10 to 12*

A Wrinkle in Time by Madeleine L'Engle (Dell, $3.99). A sister and brother search for their father who is being held by supernatural forces. This science fiction thriller has the suspense and tension that children love. *Ages 10 to 12*

The Cat Ate My Gymsuit by Paula Danziger (Dell, $3.50). The story of an overweight young girl whose life is rotten until she meets a teacher who helps her turn things around. "This does what good books do: It helps kids address issues in their own lives," Bialostok says. *Ages 8 to 12*

HOW TO PICK GOOD BOOKS

Here's a summary of advice from a number of children's books experts.

Study the cover. If the characters depicted there are peers of the child who will be reading the book, you're off to a good start.

Get age suggestions. Ask your child's teacher. Also look for the letters RL on the back cover or copyright page (not on all books). Usually it will say something like 2.3, which means it is suitable for a child in the third month of second grade. You may also find two three-digit numbers connected with a hyphen: 008-012, for example, means for children ages eight to 12. These levels are just guides, but they're a place to start.

Read the first page. Does the writing style spark your interest? Read on, and imagine how the prose will strike your child.

Read aloud. Children who can read at a certain level can benefit from listening to books at a higher level. All children's literature experts love ***Charlotte's Web*** by E. B. White for reading aloud to kindergartners, first-graders, or second-graders, for example.



Use book series. You'll often tempt reluctant readers that way. If you catch your child's interest by reading the first one aloud, then you can recommend the sequels. Don't worry if your children will read only one type of book; eventually they will move on to other types of literature.

Kids are human. Like adults, kids won't read books they hate or just because a book is on a list or considered a classic. It has to grab their interest.

Two good lists. Chinaberry Books offers a mail-order catalog of children's books (800/776-2242). The Child Study Children's Book Committee at Bank Street College of Education publishes an annual list of 600 recommended children's books. For information, write the college at: 310 West 112th St., New York, NY 10025; 212/875-4540.

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GOOD FOOD/GOOD HEALTH

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5 SQUELCH THIRST

Drink lots of summery drinks. Summer's heat can dry you out fast than you realize. Quaff at least 8 to 10 cups daily of such thirst-quenching beverages as water and juice. Don't count caffeinated drinks, such as cola, coffee, and tea, or alcoholic drinks as part o your beverage score. They dehydrate rather than rehydrate.

6 POPS ARE TOPS

Cool down with juice-on-a-stick. You can choose regular orange or strike out for a more exotic combo, such as banana-orange-pineapple.

Here's how: **Pour juice into paper cups. Cover with foil. Poke a wooden stick in each. Freeze till firm. To eat, remove the cup and foil. Cool!**



SCOTT LITTLE

7 CHILL OUT WITH SOUP

Serve a creamy fruit soup for a light lunch, a brunch refresher, or even a luscious dessert. Serve on ice tc keep it really cool.

Here's how: In your blender, whir together equal amounts of buttermilk and fresh berries or peaches. Sweeten to taste with honey or sugar. Chill a few hours. Top with fruit and a sprig of mint. (Instead of buttermilk, you can use half vanilla yogurt and half low-fat milk.)



8 SAY CHEESE (YOGURT CHEESE, THAT IS)

Top a bagel with spreadable yogurt cheese.

Here's how: **Stir up a carton of plain low-fat yogurt (read labels to find one with no gelatin). Spoon it into a cheesecloth-lined sieve set over a bowl. Cover and chill overnight. In the morning, spread it on!**



9 SPLURGE ON A SKINNY SUNDAE

Scoop up a cool dessert that tastes just heavenly and looks deceivingly sinful.

Here's how: Start with ice milk, low-fat frozen yogurt, or a nonfat dairy dessert. Drizzle with pureed berries and a little chocolate syrup. Top with some whipped evaporated milk, *right,* or a light frozen dessert topping. Top with a cherry, of course.

10 WHIP UP A DREAMY DESSERT TOPPER

Go ahead, top warm desserts or fresh summer berries with a dollop o whipped creaminess. The trick lies in what you whip.

Here's how: **Pour a can of evaporated skim milk into a bowl. Chill in the freezer. When the milk is icy around the edges, add a spoonful of sugar and whip the milk with an electric mixer on medium speed until soft, puffy peaks form. A small can yields about 1½ cups topper.**



In a taste test, our bologna tasted victory.

It's official. In a national taste test, Healthy Favorites™ bologna beat Healthy Choice™. Not to mention it's 97% fat free (3% fat), just 20 calories a slice and it's from the bologna experts at Oscar Mayer. So if you're looking for a great low-fat bologna, with Healthy Favorites™ you can't lose.

	Oscar Mayer Healthy Favorites Bologna, 1 slice (21g)	Daily Guidelines*
Fat	less than 1 g	75 g
Calories	20	2250
Cholesterol	5 mg	less than 300 mg
Sodium	250 mg	less than 2400 mg

Oscar Mayer®

The taste test winner.

*Individual calorie needs vary. Chart shows National Research Council dietary recommendations (*Recommended Dietary Allowances*, 10th Ed.) applied to an example calorie level recommended for a 150 lb adult. The National Research Council does not endorse any particular product. Daily Guidelines are based on total diet over time.

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HEALTH UPDATE

MEDICAL NEWS YOU CAN USE



Rx FOR A BRIGHTER OUTLOOK: KIDS

Family is good for your mental health

The next time your kids start driving you crazy, take a moment to ponder this: The more children you have, the lower your risk of suicide. Thankfully, few of us will ever need this sort of ultimate protection, but children probably also benefit our mental health in subtler ways.

The findings on suicide come from a study published in the American Medical Association's *Journal of General Psychiatry.* Just under a million Norwegian women were tracked over a 15-year period. For the group as a whole, the suicide rate was 8.75 per 100,000 persons per year. Women who had never married carried the highest risk of suicide. Upon marrying, a woman's risk started to fall, lowering further with each child born. The group with the lowest risk—women with six or more children—had one-fifth the suicide risk of women with no children.

MENOPAUSE INFORMATION IN YOUR MAILBOX

Newsletter offers advice and support

Two things are often in short supply as a woman faces menopause: solid information and common sense. *Menopause News,* an independent bimonthly newsletter, aims to provide its readers with ample quantities of both. Each issue includes articles on research and treatments, reviews of current books on the subject, and letters from women dealing with the effects of this natural process.

Annual subscriptions (six issues) are $23 for individuals, $30 for institutions. For details or to order, write: Menopause News, 2074 Union St., San Francisco, CA 94123. Or, call: 800/241-6366.

ARTHRITIS HELPED BY A TRANSPLANT FROM THE EAST

The martial art t'ai chi keeps joints limber

The ancient Chinese art of motion called t'ai chi is helping people combat the stiffness of arthritis. According to Teresa J. Brady, Ph.D., a medical adviser to the Arthritis Foundation, the slow, flowing motions of t'ai chi are ideal for folks who can't take the joint-jarring actions of more vigorous exercises.

Developed about 250 years ago, t'ai chi involves a series of preset motions similar to those used in kung fu fighting, but much slower. Today, t'ai chi is widely practiced as a form of exercise and meditation. Practitioner develop strength, concentra tion, and flexibility. Dependin on the severity of their arthritis patients may need to adapt th movements to their abilities.

For instruction on t'ai chi check the Yellow Pages unde Martial Arts Instruction o contact a local Y. For a list o exercise programs, includin ones based on t'ai chi, contac your local chapter of the Ar thritis Foundation or call thei toll-free hotline, 800/283-780 Monday through Friday, 9 a.m to 7 p.m. eastern time.

HAIR LOSS AND HEART ATTACK

New research sees a connection

True or false: Baldin men have a higher ris of heart attack.

Answer: True *and* false That's because researchers have linke heart attacks to one type of baldin but not to another. Here's the hai raising truth on the issue.

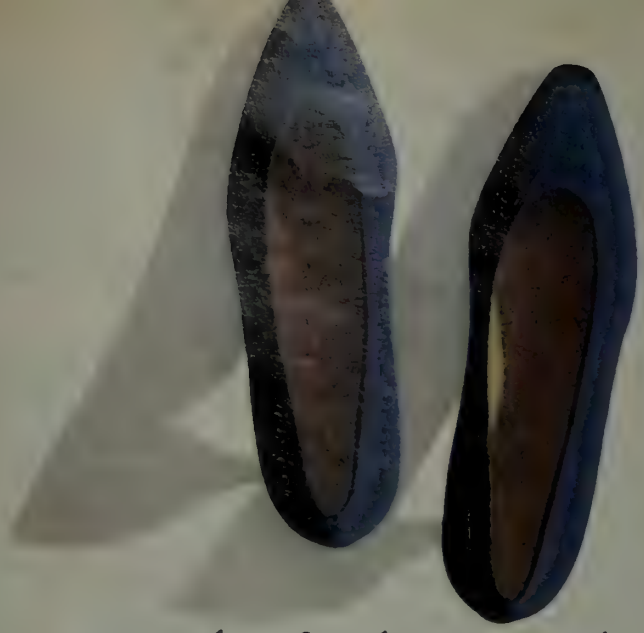
Samuel M. Lesko, M.D., and hi colleagues at the School of Publi Health, Boston University, studie 1,437 men. One portion of the grou had been admitted to a hospital for first heart attack.

The rest of the group, the control had been admitted to hospitals but nc for heart problems. All of the me were assessed using a standardize baldness scale.

Men who were balding on the to of their head, so-called vertex baldin had a greater risk for heart attack. Fc severe vertex balding, the men wer 3.4 times more likely to have a hea attack than average.

On the other hand, men who had

continued on page 5



Keeping up with fashion shouldn't mean putting up with pain.

It's funny how the most attractive shoes often end up causing the ugliest, most painful corns, calluses and bunions.

And it's no surprise that Dr. Scholl's would come up with some of the smartest, most effective ways to treat these problems. Guaranteed. Dr. Scholl's Corn and Callus Removers provide a fast, safe cure with a unique, clinically-proven pad/disk system. The pad cushions the pain, while the medicated disk completely removes the corn and callus. Dr. Scholl's Corn and Callus Cushions protect against painful shoe pressure and friction. And Dr. Scholl's new Bunion Guards provide all-day relief for sore, inflamed big toe joints.

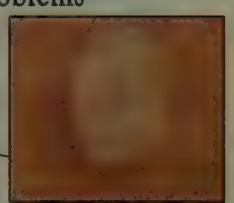
Treat your foot problems with Dr. Scholl's. Because when you've invested in a great pair of shoes, why keep paying for them?



...buildup of bone, fluid or ...on big toe joint; caused ...ssure and friction.



Corn: Hard or soft skin on or between toes; caused by pressure and friction.



Callus: Thick skin on toes or bottom of foot; caused by pressure and friction.



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Making life in your shoes more comfortable.

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HEALTH UPDATE

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pattern of *frontal* baldness were at no greater risk of heart attack. Apparently, lots of forehead is nothing to worry your head about.

But, if you have a family history of heart disease and can do a good imitation of Friar Tuck, you'd do well to watch your cholesterol a little more closely.

IT'S NEVER TOO LATE TO BONE UP

Calcium helps 50-somethings

Bone building isn't just for the young. Women, especially, benefit from calcium, even as they wend their way through middle age. Here's why this new finding is so vital to millions of older women.

When you are young, the calcium in your diet goes toward growth and increasing the density of your bones. After age 30, women start to lose bone mass. This bone loss accelerates after menopause. If this thinning continues, the bones can become so weak that they fracture easily. This condition, known as osteoporosis, most often affects fair-skinned women with delicate features. Osteoporosis is a common cause of hip and spine fractures among elderly women. (Men seem mostly immune to the problem.)

A new study from New Zealand shows that older women can slow the natural bone-thinning process by getting adequate supplies of calcium in their diet. Researchers at the University of Auckland discovered the effect after having test subjects (postmenopausal women) add 1,000 milligrams of calcium to their usual intake of 750 milligrams per day.



Despite the benefits of the extra calcium, don't worry that you'll have to make big changes in your diet or bust your budget on supplements. Research shows that doses of calcium that exceed 2,500 milligrams per day are not helpful in building added bone mass, says the National Dairy Council.

Dairy products are the best natural sources of calcium, but choose low-fat or nonfat versions for best heart health; other sources of the mineral include dark-green leafy vegetables and broccoli. Calcium supplements and calcium-fortified foods can help you span the difference between what you are getting in your diet and your target intake.

DIETS FOR CHRONIC FATIGUE QUESTIONED

Touted plans found wanting

Diet isn't yet a proven cure for chronic fatigue syndrome (CFS), a debilitating condition of unceasing tiredness, according to a study in *Archives of Family Medicine*. Researchers Diane H. Morris, Ph.D., R.D., and Fredrick J. Stare, M.D., Ph.D., at the Harvard School of Public Health, checked into the advice offered in five widely available self-help books on CFS. Among the plans they looked at: megavitamin and mineral supplements, royal jelly, elimination diets, and rotation diets.

The problem with using these plans, according to the researchers, is that none has been tested scientifically. Instead, their proponents rely primarily on anecdotal evidence. These reports from users lack scientific credibility for several reasons. Many conditions come and go on their own, making it difficult to prove that a treatment produced the cure. Also, patients are more likely to report successes than failures, magnifying the apparent benefits of a treatment.

Special diets can backfire on users. Meal plans that eliminate or greatly reduce critical nutrients will eventually lead to illness. What's more, doses of vitamins far above their recommended levels (so-called megadoses) can be toxic. Vitamin A, in particular, can be damaging when taken in large doses.



Drs. Morris and Stare advise persons with CFS to eat a balanced diet that supplies all the body's recommended nutrients. That may be unwelcome advice for those who feel trapped by their condition, but it avoids the pitfalls that can accompany nutritional heresy.

HELP FOR A BLISTERING PROBLEM

Vanquishing severe cold sore outbreaks

Call them cold sores or fever blisters, these nasty critters can be a real pain. For most sufferers, cold sores, which form in and around the mouth, crop up only once in a while. Less fortunate souls experience almost constant outbreaks. For these more severe cases, help is at hand.

A drug called acyclovir given over a period of months, marked reduced recurrence of the sores in a recent study. A team of researchers conducted the study for the National Institute of Allergy and Infectious Diseases, a federal research agency. Patients who received the drug twice daily for four months had 53 percent fewer outbreaks than a control group who received an inactive placebo pill. What's more, the blisters that did develop tended to disappear more quickly.

Not everyone experiencing cold sores is a good candidate for acyclovir treatment, warn the researchers. Several conditions mimic cold sores but won't be helped by the drug. But if you suffer more than six verified outbreaks a year, ask your doctor about this promising treatment.

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"Dental implants restored a lot more than just my smile."

artha Whitton recently
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millions like her, that
meant loss of com-
and self-confidence.
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Fortunately, her dentist
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HEALTH UPDATE

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WHEN THE BLUES WON'T QUIT

The signs of depression

Do you or does someone you know always seem to be down? Everyone suffers the blues now and then, but when sadness lingers, it's time to take stock. Depression, if left untreated, can be a life-threatening illness.

The National Foundation for Depressive Illness, Inc., offers this quick self-administered test for depression. See if any of these statements describe how you feel:

- I feel extremely sad all or most of the time
- I seem to have no energy
- I've lost interest in most of the activities I used to enjoy
- I sleep much more (or much less) than usual
- I eat much more (or much less) than usual
- I have trouble concentrating, remembering, and making decisions
- I feel hopeless about the future
- I feel worthless
- I feel anxious
- I think about death and suicide

If two or more of these statements seem to apply to you, or to someone you know, and these feelings have lasted more than two weeks, seek help immediately. Your family doctor can refer you to a mental health professional or contact a local university teaching hospital.

For an information packet on depression, and a list of doctors who specialize in treating depression, send a self-addressed business-size envelope stamped with 98 cents postage to: NAFDI, Dept. BHG, P.O. Box 2257, New York, NY 10116.

GET OFF THE STICK AND HELP YOUR HEART

This switch is worth a look

Substituting liquid corn oil for stick margarine can carry big benefits for your heart. That's the word from a study at the U.S. Department of Agriculture's Human Nutrition Research Center on Aging at Tufts University in Boston.



Lead author Alice H. Lichtenstein, D.Sc., reports that the kind of fat found in liquid corn oil does a better job at holding down blood levels of harmful cholesterol than the solid fats found in margarine. In her study, Dr. Lichtenstein found that test subjects who had their fat intake cut to 30 percent of total calories lowered their



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blood cholesterol levels. Cholesterol in the blood is linked to heart disease. People who were fed liquid corn oil had even lower levels of LDL-type cholesterol—the "bad" cholesterol—than when they were using corn-oil margarine. The likely reason is that the oil in margarine is chemically altered to make it more solid, and solid fats are more likely to raise levels of LDL cholesterol.

While the researchers concede that margarine is likely to remain the spread of choice for bread and other such products, they conclude that there are good reasons to switch to tub or "squeezable" margarine for spreading and oil for sautéing and other uses. That's particularly true if your cholesterol level tops 199, the cutoff for a heart-friendly level.

POLLEN NEWS AT YOUR FINGERTIPS

Toll-free allergy update

Now you can dial up the pollen forecast as easily as you might dial up a weather forecast. A toll-free number, sponsored by the makers of Seldane allergy medicine, provides weekly updates for 50 cities around the country. You can get information on your own area, or ask for a forecast for an area you'll be visiting.

Here's how it works: You dial 800/POLLENS (800/765-5367). A computer voice will ask you to enter the zip code of the desired area. You'll be given the forecast for the city in the system that is nearest to you. If you don't know the zip code, the computer will prompt you on how to enter the city and state names.

You'll also be given an opportunity to request information on allergies from the hotline's sponsor, Marion Merrell Dow, Inc.

HOPE FOR A MYSTERIOUS SKIN AILMENT

Doctors testing a drug that shows promise

Most people suffer skin rashes from time to time. Poison ivy and other irritants are usually the cause. But when the redness and itching recur time after time without a clear reason, the problem may be a chronic disease called atopic dermatitis.

The disease affects about 3 percent of the population. Most people with it have a family history of allergies, but traditional allergy therapy doesn't work for atopic dermatitis. Patients usually have first outbreaks as infants; up to 10 percent of babies are affected. The majority of patients seem to outgrow the problem by early adulthood. A few, however, are affected throughout life.

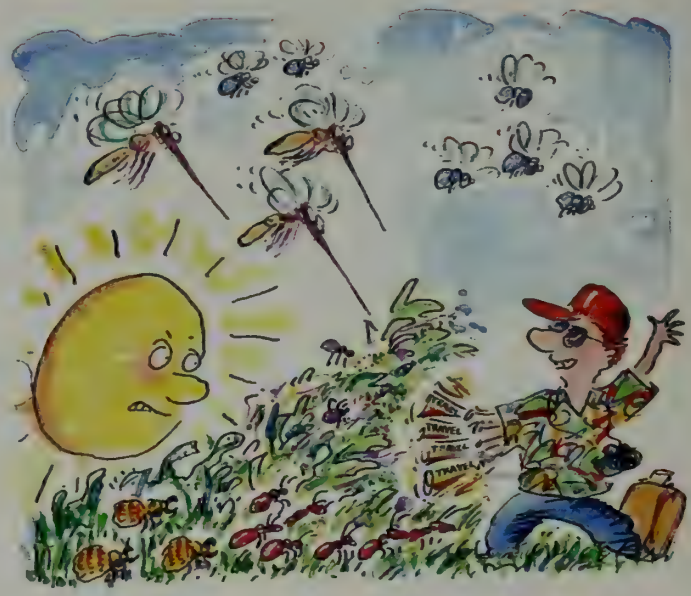
Until recently, doctors could offer only short-term relief of the symptoms. A new study by Jon Hanifin, M.D., of the Oregon Health Sciences University, and his associates at several research centers holds out the promise of reducing the severity of outbreaks over long periods. Using a drug called recombinant interferon gamma, the patients showed significant improvement over a 12-week period, including less skin redness, swelling, scaling, and itching. Younger patients benefited the most.

For more information, check with a dermatologist or contact the dermatology department of a university-affiliated teaching hospital.



HEALTHY TRAILS TO YOU

How to keep from meeting up with illness on vacation



Most travel stories are filled with images of smiling folks and descriptions of wonderful adventures. This one isn't. It features some nasty illnesses just waiting to prey on unsuspecting tourists—even those only 25 miles from home.

Don't say we didn't warn you.

A small gamble. Most vacationers, if they get sick at all, get little more than a headache or a brief bout of diarrhea. Travel today is safer than it ever has been. Improved water supplies, tighter regulations, and better preventive medicines have reduced your odds of getting ill.

This safer climate has lulled many travelers into thinking that they need not worry about their health. That's risking trouble. Even enjoyable travel causes some stress, making you a bit more prone to illness. Changes in climate or altitude, strange germs, and unfamiliar activities all can conspire to knock you down for the count.

Here's how to stay healthy on the road, whether you're a short distance from home or halfway around the globe.

Allergic reactions. Vacationers with severe allergies face a variety of hazards:

- Insect stings anytime you vacation outdoors. In the southeastern U.S., fire ants are a growing menace.
- Unfamiliar ingredients in restaurant food.
- Strange pollens and rash causing plant life.
- Allergy-provoking medicines offered by unsuspecting doctors.

If you've ever been warned of a life-threatening allergy, you must always carry an epinephrine kit and know how to use it, advises David Golden, M.D., an allergist at Baltimore's Johns Hopkins University.

Always treat a severe reaction—major swelling or difficulty breathing—as a medical emergency and get help fast, says Dr. Golden.

Sunburn. Cruises and tropical vacations pose a high risk for sunburn, even in winter. Making things worse, you tend to spend daylight hours surrounded by sun-reflecting water.

To protect yourself, cover up with clothes and a hat, and use a sunscreen with a protection factor of at least 15 on all exposed skin. Avoid midday sun. If you must sunbathe, use sunscreen. Slather it on thickly, and apply it at least 30 minutes before venturing out into the sun.

Motion sickness. Modern luxury liners have stabilizers that help keep the ship on an even keel, but choppy water still make some people queasy.

Anti-nausea skin patches can prevent motion sickness. You apply these prescription patches several hours before cruising and change them every few days. Be warned: Some

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IF YOU GET SICK

In many parts of the world it's not easy to find good medical care. If you get sick overseas, don't hesitate to call your regular doctor, says Karl Neumann, M.D., author of *Traveling Healthy* newsletter.

If you need treatment, contact the nearest U.S. embassy for the names of recommended physicians. Employees at luxury hotels also can direct you to qualified doctors, even if you're not a guest. In an emergency, go to the largest hospital in the area.

Visit a travel clinic if you return home with a mysterious illness. Specialists there will be familiar with diseases rarely seen in the United States.

Several companies offer short-term health insurance for travelers. Check with a travel agent. These policies provide cash in an emergency since many foreign doctors require up-front payments. Because medicare won't pay for treatments outside that country, supplemental coverage is essential for elderly travelers.

A policy that covers emergency medical evacuation is worth considering. If appropriate care isn't available, an air ambulance will whisk you to a modern hospital. Without insurance, you'll pay between $10,000–$20,000 for this lifesaving service.

Although the likelihood of evacuation is slim, Dr. Neumann recommends this coverage even for healthy travelers. "I hear about the ones who should have gotten it and believe me, there are some very sorry people out there."

e great taste of Colgate Baking Soda Toothpaste is written all over her face.



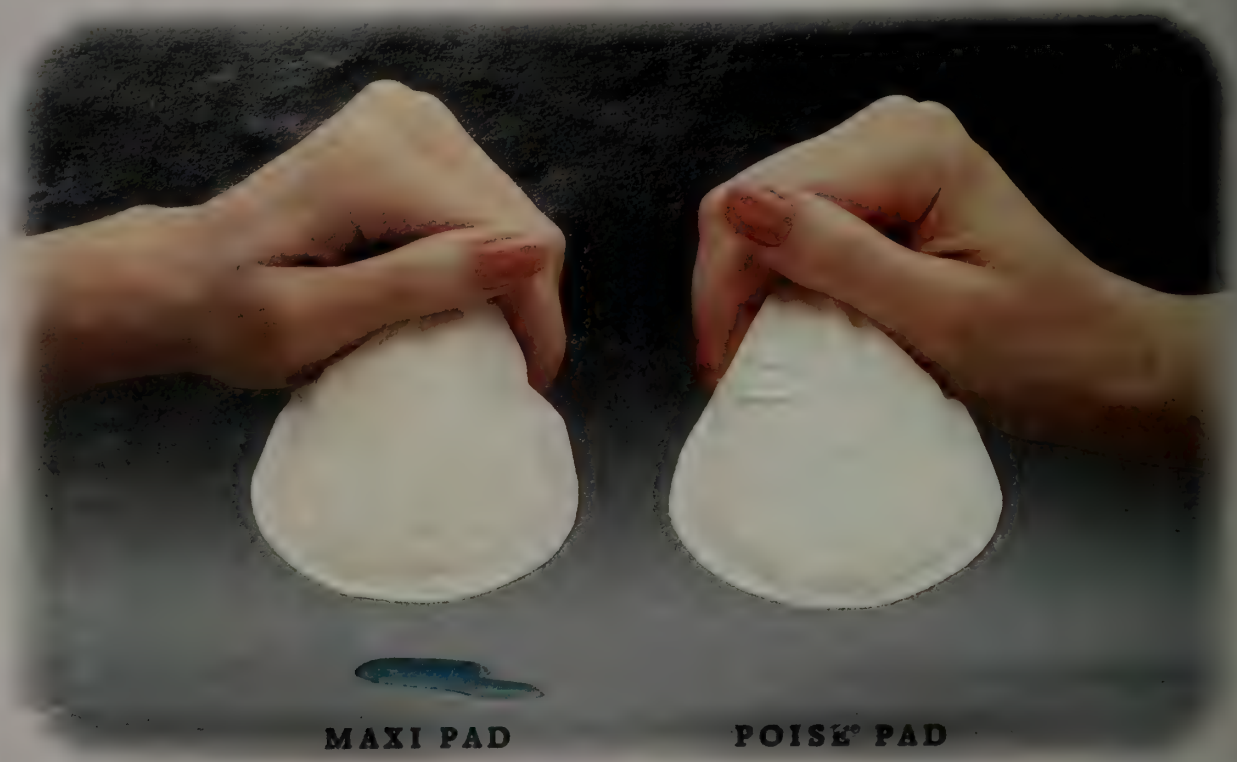
A baking soda toothpaste that actually tastes great.

Who wouldn't smile? Indeed, tests prove new Colgate Baking Soda Gel Toothpaste tastes better than Arm & Hammer Dental Care® Original Gel formula. Our Baking Soda Paste tastes better than their Original Paste formula too. After all, Colgate uses natural mint flavor and finely ground baking soda. Fluoride too. Which explains why it tastes so good and leaves teeth so thoroughly clean and healthy. And why it just might get the corners of your mouth to turn up. Colgate® Baking Soda Toothpaste. Now in a great tasting new Gel. Both come in the Colgate® Clean & Easy Stand-Up Tube.

The Better Tasting One. Now In A New Gel

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New Poise® Pads are about the same size as the leading maxi pads, but Poise gives you superior protection because they are made exclusively for bladder control. Poise Pads lock liquid into a gel that won't leak. And Poise Pads are curved and feminine soft for added comfort. Look for new Poise Pads next to Depend® Products.



Finally, the protection you need, the size you want.

EALTHY TRAILS

ntinued from page 62

lks suffer severe side effects, including dryness of the outh, dizziness, and, occasionally, drowsiness. If you experience such symptoms, remove the patch.

For short airplane rides or boat trips, take a nonprescription preventive such as Dramamine or Bonine, says David . Hill, M.D., a specialist in travel medicine at the University of Connecticut Health Center in Farmington. Consider ying one or both *before* your trip to ensure that you don't ave a reaction that might jeopardize your vacation fun.

Traveling by car? To quell queasiness, keep your eyes pen and focused on the distant landscape; don't read while ne car is moving.

Altitude sickness. You don't have to go to the Andes to xperience altitude sickness. It can happen at nly 8,000 feet—a height that catches many atlanders off guard when they land in the ockies—says Karl Neumann, M.D., author f *Traveling Healthy* newsletter.

Symptoms include headache, nausea, shortess of breath, insomnia, and loss of appetite. revent these problems by gradually acclimazing yourself to the rising landscape, climbng only a few thousand feet a day.

Going to a lower elevation brings immediate relief. Seek medical help if breathing is ery difficult. People with heart and lung conditions should consult a physician before journeying to new heights.

Traveler's diarrhea. Contaminated food nd water are the main culprits. Use caution, r you'll spend much of your vacation in the athroom. Should you be at all uncertain bout water quality while abroad, ask the earest U.S. embassy for guidance.

To be safest, avoid tap water, including ice ubes. Don't even use this water to brush your eeth. Quench your thirst with soda, seltzer, ottled water, and beer. If these aren't available, boil the local water. As a last resort, treat vater with iodine and run it through a portable filter.

Also, stay away from salads, mayonnaise, custards, and aw seafood. "There's an adage that says if you can't boil it, eel it, or cook it, you should forget it," says Dr. Hill.

Even careful travelers, however, may be felled by nasty ugs. Therefore, you might want to bring along an antiiarrheal medicine such as Imodium or Pepto-Bismol. Your octor can also prescribe antibiotics in case you get sick.

Constipation. The steps you take to prevent traveler's iarrhea may lead to constipation. Drinking too little or not ating enough fiber-rich produce can cause sluggish bowels. Sitting long hours on airplanes compounds the problem.

Increase your fluid intake and, if possible, get a little exercise. Just in case, pack a laxative or stool softener.

Lyme Disease. This growing threat has been reported in most states and in Europe. It's spread by the deer tick, which is commonly found in forests of the northeastern U.S.

Fortunately, there's only a small chance of getting Lyme disease after a walk in the woods. Very few people bitten by a deer tick get sick. The tick must penetrate your skin and stay there at least a day in order to transmit the disease.

Nevertheless, if you venture into the woods, use an insect repellent and tuck your pants into your socks. Afterward, check your body for ticks. If you are bitten and a round red rash develops, call your doctor.

Malaria. In recent years, drug-resistant malaria has emerged in many parts of the world. Chloroquine, long used to prevent malaria, is virtually useless in many regions. A newer drug, Lariam, is still effective, but it's losing strength in Southeast Asia and parts of Africa. Doxycycline can combat strains that have outwitted other drugs, but it can't be given to pregnant women or children.

Since you may need antimalarial medication, check with your doctor before traveling to the tropics. Also, where malaria is a problem, repel mosquitoes with an insect repellent containing 20 to 30 percent deet. Stronger concentrations aren't necessary. For children, Dr. Neumann suggests Skadaddle, a product made for kids. At night, cover exposed skin and sleep under a net.

> Have fun, but remember your limits. "I always tell people to think twice about activities they generally don't do at home," says Dr. Neumann.

Infectious Diseases. Relatively few foreign trips call for immunization anymore, but for those that do, you must act well ahead of your departure. Certain shots must be given long before landing on foreign soil.

See your doctor four to six weeks before trotting off to the tropics. Don't overlook routine inoculations, such as tetanus, or flu shots for the elderly.

You pay a steep price for neglecting required vaccinations. Certain nations may deny you entry or subject you to quarantine. Or, you might have to spend large sums of money for an immunization on the spot with a needle that may not be sterile.

Dirty Water. Both fresh and salt water can carry parasites that are hazardous to swimmers. "Beaches all over the world are polluted," says Dr. Neumann.

Overseas, ask authorities which beaches are safest. Just because locals are splashing in the surf doesn't mean you can safely do the same.

Air pollution. Dirty air can be hazardous for small children, the elderly, and people with heart or respiratory problems. Mexico City tops the list of places with foul air. Other smoggy spots include Cairo, Beijing, London, Seoul, Los Angeles, and many major cities in Eastern Europe. Seasonal variations, however, might allow you to breathe easier at certain times of year than others.

Safety. When visiting developing countries, Dr. Neumann suggests hiring an experienced local driver instead of renting your own car. Wear a seat belt, sit in the back seat, and stay off the roads at night. Scooters and motor bikes are also dangerous, especially if you're unaccustomed to piloting one.

For more information. *Traveling Healthy* newsletter is published six times a year. Subscription is $24; sample issue $4. For information, write: Traveling Healthy, Dept. BHG, 108-48 70th Road, Forest Hills, NY 11375.

Menopause is the re
on Premarin®. Ask you
(conjugated estrogens tablets) a reaso

The symptoms of menopause are very real: hot flashes, vaginal dryness and night sweats which may cause sleep disturbances.

For millions of women, these symptoms are effectively treated with estrogen replacement therapy.

And, the same treatment that relieves the symptoms of menopause can also help prevent osteoporosis (brittle bones), a disease that develops in about one of every four women over 50.

THE CONNECTION BETWEEN MENOPAUSE AND OSTEOPOROSIS.

After menopause, your body produces very little estrogen. Without estrogen, your bones can become fragile, more likely to break.

In fact, half of the bone mass women lose is lost in the first seven years after menopause begins. What's more, bone loss is irreversible. But even if some bone loss has occurred, estrogen can help prevent further loss. So it's important to ask your doctor if you're at risk of developing brittle bones.

HOW WOULD YOU ANSWER THESE IMPORTANT QUESTIONS?

Of course, some women are at greater risk for osteoporosis than others. This brief test will help determine your personal risk factor.

The more times you answer "yes", the greate your risk of developing osteoporosis.

RISK FACTOR TEST

QUESTION	YES
1. Do you have a small, thin frame or are you Caucasian or Asian?	☐
2. Do you have a family history of osteoporosis?	☐
3. Are you a postmenopausal woman?	☐
4. Have you had a hysterectomy?	☐
5. Have you been taking thyroid medication or cortisone-like drugs for asthma, arthritis, or cancer?	☐
6. Is your diet low in dairy products and other sources of calcium?	☐
7. Are you physically inactive?	☐
8. Do you now or have you ever smoked?	☐

Clip out and take to your doctor.

ASK YOUR DOCTOR IF ESTROGEN THERAPY IS RIGHT FOR YOU.

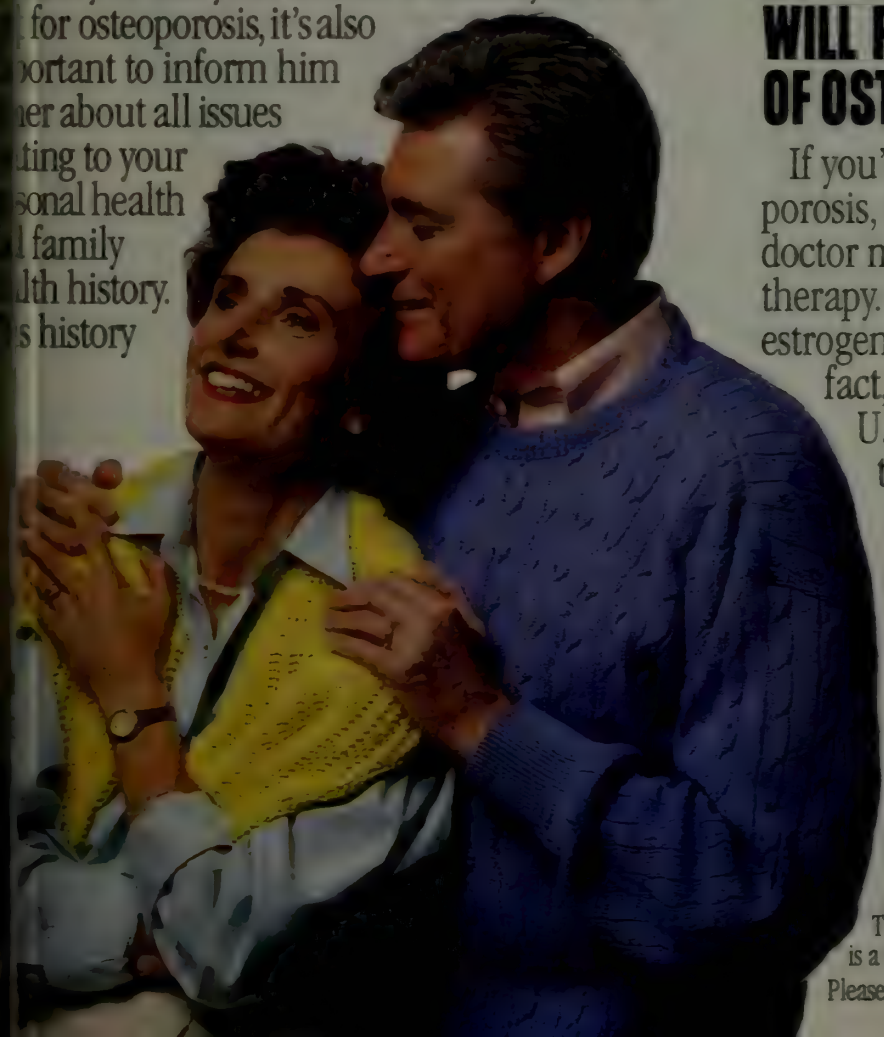
Regular weight bearing exercise and calci are important for everyone. However, for women at risk of osteoporosis, they may not enough. Estrogen, as part of a total treatme program including diet and exercise, can b effective way to help prevent osteoporosis. T estrogen doctors prescribe most is Premarin Premarin has been shown to reduce hip ar forearm fractures by approximately 60%...s ask your doctor if it's right for you.

n most women start octor if osteoporosis is stay on it.

E SIDE EFFECTS OF ESTROGEN OULD BE CONSIDERED.

with all drugs, there can be side effects estrogen. One is the possibility of devel- ng cancer of the uterus. Be sure to discuss with your doctor. If you've had a hyster- omy, you don't have this risk.

hen you ask your doctor whether you're at for osteoporosis, it's also portant to inform him er about all issues ting to your sonal health l family lth history. s history



should include instances of cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting, or heart disease.

While women entering menopause are not likely to become pregnant, estrogens should not be used during pregnancy because of possible risk to the fetus.

SYMPTOMS OF MENOPAUSE WILL PASS. THE RISK OF OSTEOPOROSIS WON'T.

If you're one of the women at risk for osteoporosis, you need to find out about it. Your doctor may recommend estrogen replacement therapy. Premarin® is the most widely studied estrogen and the one doctors prescribe most. In fact, more than 7 million women in the U.S. alone rely on Premarin for the treatment of symptoms of menopause or as part of a program to help prevent osteoporosis.



PREMARIN®
(conjugated estrogens tablets)

The appearance of this 0.625 mg tablet is a trademark of Wyeth-Ayerst Laboratories.

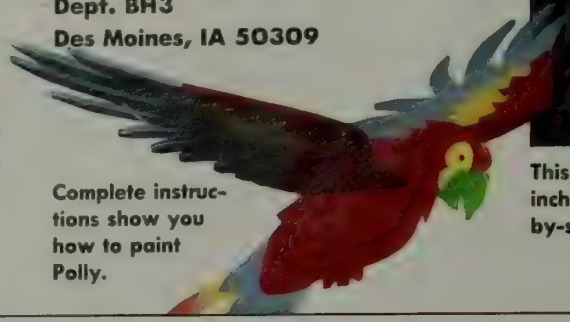
Please be sure to read the important information on the following page.

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BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMARIN® Brand of conjugated estrogens tablets
This Summary describes when and how to use estrogens and the risks of estrogen treatment.

ESTROGEN DRUGS
Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable in view of their benefits. If you decide to start taking estrogens, check with your doctor to make sure you are using the lowest possible effective dose. The length of treatment with estrogens will depend upon the reason for use. This should also be discussed with your doctor.

USES OF ESTROGEN
To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries. The decrease in the amount of estrogen that occurs in all women, usually between ages 45 and 55, causes the menopause. Sometimes the ovaries are removed by an operation, causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest or sudden intense episodes of heat and sweating ("hot flashes"). The use of drugs containing estrogens can help the body adjust to lower estrogen levels.

Most women have none or only mild menopausal symptoms and do not need estrogens. Other women may need estrogens for a few months while their bodies adjust to lower estrogen levels. The majority of women do not need estrogen replacement for longer than six months for these symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of vertebrae, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as milk products) or taking calcium supplements (1,000 to 1,500 milligrams per day) and certain types of exercise may also help prevent osteoporosis.

Since estrogen use is associated with some risk, its use in the prevention of osteoporosis should be confined to women who appear to be susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white race, thinness, and cigarette smoking.

Women who had their menopause by the surgical removal of their ovaries at a relatively young age are good candidates for estrogen replacement therapy to prevent osteoporosis.

To treat certain types of abnormal uterine bleeding due to hormonal imbalance.

To treat atrophic vaginitis (itching, burning, dryness in or around the vagina) *and atrophic urethritis* (which may cause difficulty or burning on urination).

To treat certain cancers.

WHEN ESTROGENS SHOULD NOT BE USED
Estrogens should not be used:

During pregnancy. Although the possibility is fairly small, there is a greater risk of having a child born with a birth defect if you take estrogens during pregnancy. A male child may have an increased risk of developing abnormalities of the urinary system and sex organs. A female child may have an increased risk of developing cancer of the vagina or cervix in her teens or twenties. Estrogen is not effective in preventing miscarriage (abortion).

If you are breast feeding. Many drugs are excreted in human milk and can be passed on to your baby. Therefore, estrogen therapy should be used only when your doctor decides it is clearly necessary.

If you have had any heart or circulation problems. Estrogen therapy should be used only after consultation with your physician and only in recommended doses. Patients with a tendency for abnormal blood clotting should avoid estrogen use. This includes patients who currently have clots in the leg (thrombophlebitis), or any other part of the body (thromboembolic disorder). (See below.)

If you have had undiagnosed vaginal bleeding. If you have ever had abnormal bleeding from the vagina estrogens should not be used unless you have talked to your physician about this problem.

If you have had cancer. Since estrogens increase the risk of certain cancers, you should not take estrogens if you have ever had cancer of the breast or uterus. In certain situations, your doctor may choose to use estrogen in the treatment of breast cancer.

When they are ineffective. Sometimes women experience nervous symptoms or depression during menopause. There is no evidence that estrogens are effective for such symptoms. You may have heard that taking estrogens for long periods (years) after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence that this is so and such long term treatment may carry serious risks.

DANGERS OF ESTROGENS
Cancer of the uterus. The risk of cancer of the uterus increases the longer estrogens are used and when larger doses are taken. One study showed that when estrogens are discontinued, the increased risk of cancer seems to fall off quickly. In another study, the persistence of risk was demonstrated for 10 years after stopping estrogen treatment. Because of this risk, it is important to limit the dose you take to the lowest dose of estrogen and to take it only as long as you need it. There is a higher risk of cancer if you are overweight, diabetic, or have high blood pressure.

If you have had your uterus removed (total hysterectomy), there is no danger of developing cancer of the uterus. If you have your uterus, please refer to the section titled "OTHER INFORMATION."

Cancer of the breast. The majority of studies have shown no association with the use of estrogen replacement therapy and breast cancer. Some studies have suggested a possible small increase in the incidence of breast cancer in those women taking estrogens for prolonged periods of time and possibly at higher doses are used.

Regular breast examinations by a health professional and self-examination are recommended for women receiving estrogen therapy, as they are for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women who do not use estrogens.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, heart attack or pulmonary embolus, any of which may be fatal.

Heart disease. Large doses of estrogen in men have been shown to increase the risk of certain heart diseases. This may not necessarily be true in women. In order to avoid the theoretical risk of high doses, the dose of estrogen you take should not exceed the dose recommended by your doctor.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

SIDE EFFECTS
In addition to the risks listed above, the following side effects have been reported with estrogen use:

- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Breakthrough bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING RISK OF ESTROGEN USE
If you decide to take estrogens, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking estrogens, it is important that you visit your doctor at least once a year for a physical examination. Special attention should be given to blood pressure, breasts, abdomen, and pelvic organs. A Pap smear should be taken and tested at this visit. If members of your family have had breast cancer or if you have ever had breast nodules or an abnormal mammogram (breast x-ray), you may need to have more frequent breast examinations. Also be sure to let your doctor know if you have ever had liver or kidney disease, as this may affect the decision to use estrogen.

Reevaluate your need for estrogens. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual side effects to your doctor immediately:

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath or coughing blood (indicating possible clots in the legs, heart, or lungs).
- Severe headache, dizziness, faintness, or changes in vision, indicating possible clots in the brain or eye.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION
Some physicians may choose to prescribe another hormonal drug to be used in association with estrogen treatment for women with a uterus. These drugs, progestins, have been reported to lower the frequency of occurrence of a possible precancerous condition of the uterine lining. Whether this will provide protection from uterine cancer has not been clearly established. There are possible additional risks that may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. The choice of progestin and its dosage may be important in minimizing these effects.

Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else.

If you will be taking calcium supplements as part of the treatment to help prevent osteoporosis, check with your doctor about the amounts recommended.

Keep this and all drugs out of the reach of children. In case of overdose, call your doctor, hospital, or poison control center immediately.

This Summary provides the most important information about estrogens. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.

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This Brief Summary for Direct-to-Consumer Advertising is based on the current Premarin Tablets insert, [illegible] 4060-1, issued June 6, 1990 with the incorporation, in lay language, of pertinent text from the Physician insert, CI 4079-1, issued May 23, 199[illegible]

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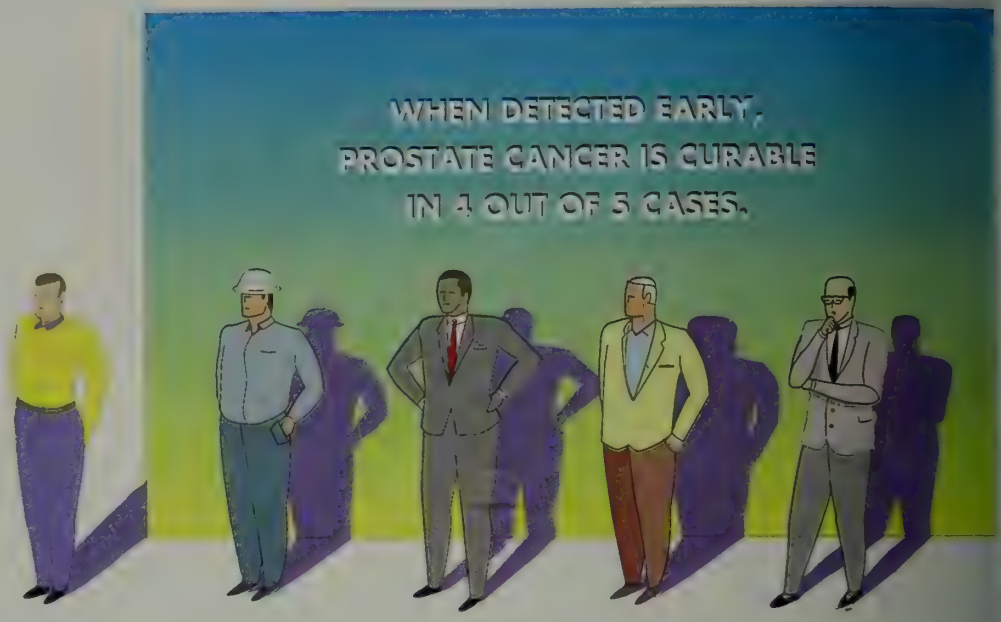
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WHP

BY NICK GALLO

PROSTATE PROBLEMS
What every man needs to know



Let's get a couple things onto the table right from the start. First, we're talking about your pro*state*, not your pro*strate*. And, second, if you're a man, the odds are good that this mysterious gland is going to cause you trouble. The good news is, you *can* fight back.

A little background. A walnut-size cluster of glands, the prostate sits under the bladder and surrounds the urethra, the tube that carries urine from the bladder through the penis. The prostate makes the bulk of a man's semen.

Despite its seminal role in the male reproductive tract, the prostate is prone to malfunctions:

- By age 60, some experts say, four out of five men have an enlarged prostate and suffer urinary difficulties ranging from minor to miserable.
- By age 75, 1 in 11 men develop prostate cancer. It is the most common male cancer—165,000 new cases each year—and the second most fatal, claiming 34,000 lives last year.

There's reason for hope, however. Here's how to arm yourself against two of the most common prostate problems: enlargement and cancer.

ENLARGEMENT

By age 50, between one-quarter and one-half of all men have an enlarged prostate, which is called *benign prostatic hypertrophy* (BPH). Considered a natural result of aging, a swollen prostate squeezes the urethra and blocks the normal flow of urine.

The most common symptoms are a weak or hard-to-start urine stream and a feeling of incomplete bladder emptying. Many men report waking up several times a night to urinate.

These signs usually develop gradually, says Abraham Cockett, M.D., president of the American Urological Association and chairman of the urology department at the University of Rochester. Whenever such symptoms arise rapidly (over a period of days or weeks, for instance), get to your doctor immediately to rule out other conditions, including cancer.

Not a cancer risk. BPH doesn't lead to cancer or impair sexual functioning. Nor does BPH always jeopardize health. In a small percentage of cases, it causes damage to the bladder or kidneys. Even more rarely, it completely blocks urination. This condition, called *acute urinary retention*, requires emergency treatment.

Most of the time, BPH doesn't have medical complications, says Dr. Cockett. If symptoms aren't too troublesome, often the best strategy is simply to get regular medical checkups to carefully monitor the problem. Left untreated, symptoms occasionally go away on their own, he says.

"Often, it's a matter of what a patient will tolerate," says Herbert Lepor, M.D., professor of urology at the Medical College of Wisconsin.

Treatments. About one-third of men with BPH opt for surgery. In a small fraction of cases—usually when the prostate is greatly enlarged—they undergo *"open" prostatectomy*, the removal of the entire prostate through an incision in the abdomen.

Although used rarely for BPH, prostatectomy carries serious risks. About half the time, the surgery leaves the patient impotent. On rare occasions, prostatectomy causes incontinence and other side effects.

continued on page 74

QUICK FACTS ON A SILENT KILLER

Prostate cancer hits 1 in 11 men by age 75. The salient facts:

- **Symptoms. Often none in early stages. Later signs include: urinary difficulties; blood in the urine; fatigue; weight loss; bone pain in the lower back, hips, or pelvis.**
- **Causes. Not clear. Factors that *may* play a role: heredity, hormones, environmental chemicals, viruses, high-fat diet, vasectomy.**
- **Tests. Rectal exam, recommended for men ages 40 and up. PSA blood test, suggested for men ages 50 and up; earlier for high-risk men.**
- **Treatments. Surgery, radiation, drugs.**
- **Cure rate. If caught early, 80 percent.**

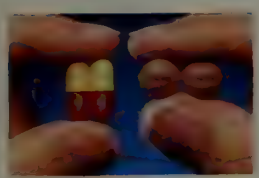
See *page 75* for more details.

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CORTAID HELPS CURE IT

PROSTATE PROBLEMS

continued from page 72

The standard surgery is called *transurethral resection of the prostate* (TURP), which is performed more than 335,000 times yearly. During the TURP procedure, a surgeon inserts a tiny looped wire through the urethra and trims away the excess prostate tissue that has grown into the urethra, blocking the flow of urine.

Although highly effective, TURP involves three to five days of hospitalization. The operation does carry a small risk of serious surgical complications, says John McConnell, M.D., associate professor of urology at the University of Texas Southwestern Medical Center in Dallas. These include: a 1-percent chance of incontinence; a 5-percent chance of impaired sexual functioning; and an 8–10-percent need for repeat surgery within 10 years, he says.

In 70- to 80-percent of cases, the TURP procedure causes retrograde ejaculation, forcing semen to flow backward into the bladder during ejaculation. The "dry" orgasms make men infertile but don't pose medical problems or affect sexual pleasure.

Alternatives to surgery. Nonsurgical methods can treat mild to moderate symptoms, but they're only about half as effective as TURP, says McConnell. Among the alternatives:

- Proscar. Studies show that this drug shrinks the prostate, but its effect on relieving men's urinary difficulties appears to be modest, says Michael Barry, M.D., assistant professor of medicine at Harvard Medical School.

Other experts argue against widespread use of the drug. Proscar takes at least six months to take effect, and it interferes with a new test called *prostate-specific antigen test* (PSA), which is used to screen for prostate cancer, says William Catalona, M.D., chairman of urology at Washington University. That could allow a worse form of the cancer to emerge, say Drs. Catalona and Cockett, making treatment more difficult.

- Hytrin. A high blood pressure drug, Hytrin improves urine flow and is more quick-acting than Proscar, but it lacks long-term results. Although recommended for approval by an FDA panel, Hytrin has not yet been officially approved for BPH. Also, patients may develop dizziness and weakness, though side effects may be reduced if the drug is taken at bedtime, says Dr. Barry.

Research is now under way to evaluate the combined use of Hytrin and Proscar with hopes that the two will complement one another to provide immediate and long-term benefits.

- Balloon dilation. In this procedure, a balloon inserted through the urethra is expanded to push back prostate tissue and widen the urinary path.

Simpler, less expensive, and quicker to recover from than surgery, the balloon treatment showed promising early results, but studies suggest its effectiveness is short-lived. "The majority of patients relapse within two years," says Dr. McConnell.

- Experimental techniques. Current-

y, leading-edge researchers are treating BPH with lasers, heat treatments, and stents (implanted devices meant to hold the urethra open). None are fully proven yet, and they are rarely covered by health insurance.

PROSTATE CANCER

Like enlargement, prostate cancer grows more common with aging. More than 80 percent of cases involve men over 65, with a median age of 72.

For unknown reasons, black men have the highest incidence in the world—one in nine will be affected.

Since the early 1970s, the incidence of prostate cancer has risen 50 percent; deaths from the disease have risen 40 percent.

The increase probably can be traced to a growing population of older males in this country and better detection of the disease, but little is known about the causes of prostate cancer, says E. David Crawford, M.D., chairman of urology at the University of Colorado.

The National Cancer Institute reports that researchers are investigating heredity, hormonal influences, and environmental factors such as a high-fat diet, viruses, and workplace chemicals, but a theory to explain prostate cancer remains elusive. A study published last February suggests that vasectomies increase a man's chance of developing prostate cancer, particularly after 20 years. Many experts aren't yet convinced, however.



Since the early 1970s, the incidence of prostate cancer has risen 50 percent.

Early detection. Because medical experts don't understand its cause, they can't tell men how to prevent the disease. Instead, they emphasize early detection.

As with many cancers, the sooner prostate cancer is detected, the greater the chance for cure. More than 80 percent of patients whose tumors are caught early are alive five years after treatment compared with 30 percent if the disease has already spread, says the American Cancer Society.

Unfortunately, in its early stages, prostate cancer usually develops without any warning signs. Common cancer symptoms include urinary difficulties typical of BPH, as well as such signs as blood in the urine, weight loss, fatigue, or bone pain in the lower back, hips, or pelvis.

By the time symptoms occur, the cancer has likely spread to other parts of the body, says Dr. Crawford. About 40 percent of prostate cancers are diagnosed when the disease has progressed beyond the stage when it is most curable, reports the American College of Surgeons.

Screening tests. Early detection

continued on page 76

INSECT BITES:



Some medicines for insect bites stop the itch but can't help stop the allergic reaction that causes it.

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Soothing, effective
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Cortaid

Cortaid® stops the itch and heals the rash.
The real cause of an insect bite's itch is your allergic reaction to the bite. Cortaid is the advanced medicine that quickly helps cure this itchy reaction. That's why more doctors recommend Cortaid by name than any other brand.
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PROSTATE PROBLEMS

continued from page 75

relies on several screening tests:

- Digital rectal exam (DRE). A physician presses a gloved finger against the prostate, feeling for hard lumps or growth. The procedure is simple, painless, and takes about one minute.

The rectal exam isn't foolproof. It misses many tumors, and many men are uncomfortable with it and avoid it.

- Prostate-Specific Antigen (PSA) test. This new blood test may help find cancers that the DRE misses. It measures a protein produced by prostate tissue. High levels indicate cancer.

The PSA test does have limitations. It gives too many false positives—abnormal readings that aren't cancer—and misses some cancers, but studies show it is much better at detecting cancer than the rectal exam.

Used together, the two tests promise greatly improved results. In 1991, a mass screening program of more than 400,000 men showed that the combination more than doubled the diagnostic accuracy of the rectal exam.

- Transurethral ultrasound. Here, doctors use sound waves to form an image of the prostate. In an ongoing study of 2,425 men sponsored by the American Cancer Society, the addition of this third test to the first two improved the rate of cancer detection by 72 percent.

"It used to be that seven out of 10 prostate cancers were caught too late to offer curative therapy," says Dr. Crawford. "But with these tests, we may be able to flip-flop those statistics and diagnose 70 percent of cancers at an early, curable state."

Scheduling the tests. The American Cancer Society recommends that all men start receiving an annual rectal exam at age 40. It advises men to start annual PSA tests at age 50, unless they are in a high-risk group—blacks and men with a family history of prostate cancer—in which case they should start blood tests earlier.

Treatment options. Advances in treatment have accompanied better detection efforts, says Paul Lange, M.D., chairman of urology at the University of Washington.

During early-stage cancer, standard treatment is *prostatectomy* (prostate removal) or *radiation therapy*. Prostatectomy offers a good outlook for survival, says Dr. Lange, but the surgery carries a substantial risk of impotence. (See the section on enlargement of the prostate, *page 72.*)

Radiation treatment also shows good results. At Fox Chase Cancer Center in Philadelphia, a 15-year study showed that men who were treated with radiation for localized cancer had the same life expectancy as men without the disease.

Like surgery, radiation therapy can have undesirable side effects, including impotence, difficulty with urination, and temporary diarrhea, cramps, and rectal irritation.

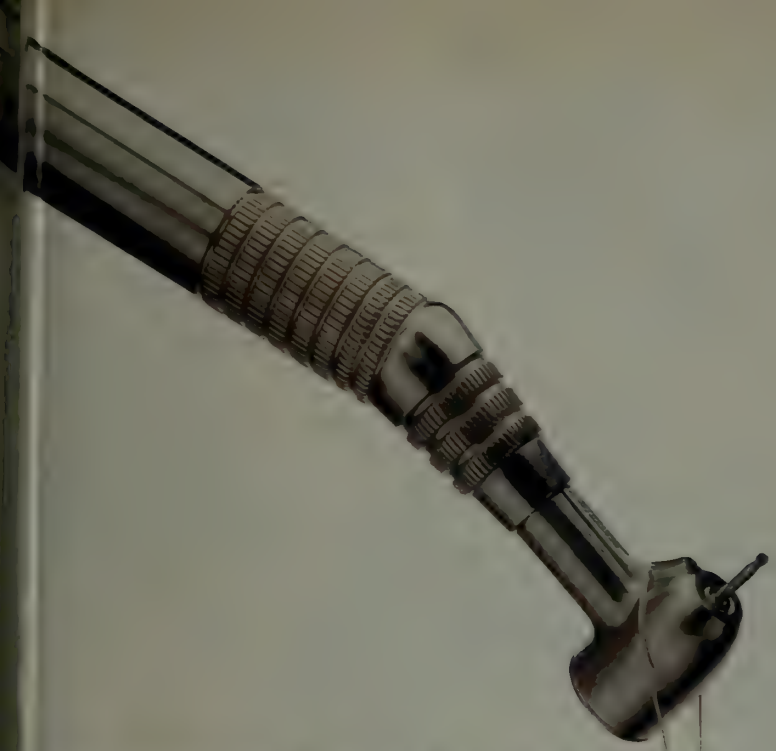
Chances for cure drop once cancer has broken through the capsule surrounding the prostate, but radiation therapy still may be effective. In more advanced stages where the cancer has spread farther, treatment shifts from cure to control, says Dr. Lange.

During this stage, the mainstay of treatment is hormone therapy, which is used to deprive the tumor of testosterone. Prostate cancer cells use testosterone to grow. *Orchiectomy*, the surgical removal of the testicles, and *synthetic estrogen pills* effectively suppress testosterone.

Another approach uses man-made hormones called *LHRH agonists* to shut off testosterone. *"Antiandrogens,"* drugs targeted at the adrenal gland, also may help relieve symptoms, with benefits sometimes lasting for several years. However, all treatment for advanced prostate cancer presents risk of significant side effects.

Unnecessary treatments? With these advances have come some controversies, says Dr. Lange. For example, some experts believe that today's better tests are detecting cancers that shouldn't be treated. Because prostate cancer tends to grow slowly and occurs in older men, many men die of another cause before the prostate cancer proves fatal.

"Most of us feel that we should treat cancer aggressively, especially if there is a 10-year life expectancy," says Dr. Lange. "Those are the kinds of issues patients should discuss with their doctor. There are lots of options for treating prostate disorders, so each individual needs to consult with his doctor to find the right choice."



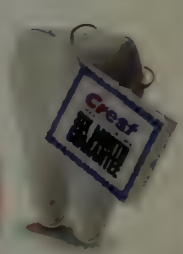
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Brief Summary of
Prescribing Information as of January 1993

SELDANE-D

(terfenadine and pseudoephedrine hydrochloride)

Extended-Release Tablets

WARNING BOX

QT INTERVAL PROLONGATION/VENTRICULAR ARRHYTHMIA

RARE CASES OF SERIOUS CARDIOVASCULAR ADVERSE EVENTS, INCLUDING DEATH, CARDIAC ARREST, TORSADES DE POINTES, AND OTHER VENTRICULAR ARRHYTHMIAS, HAVE BEEN OBSERVED IN THE FOLLOWING CLINICAL SETTINGS, FREQUENTLY IN ASSOCIATION WITH INCREASED TERFENADINE LEVELS WHICH LEAD TO ELECTROCARDIOGRAPHIC QT PROLONGATION:

1. **CONCOMITANT ADMINISTRATION OF KETOCONAZOLE (NIZORAL) OR ITRACONAZOLE (SPORANOX)**
2. **OVERDOSE, INCLUDING SINGLE TERFENADINE DOSES AS LOW AS 360 MG**
3. **CONCOMITANT ADMINISTRATION OF CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN**
4. **SIGNIFICANT HEPATIC DYSFUNCTION**

TERFENADINE IS CONTRAINDICATED IN PATIENTS TAKING KETOCONAZOLE, ITRACONAZOLE, ERYTHROMYCIN, CLARITHROMYCIN, OR TROLEANDOMYCIN, AND IN PATIENTS WITH SIGNIFICANT HEPATIC DYSFUNCTION.

DO NOT EXCEED RECOMMENDED DOSE.

IN SOME CASES, SEVERE ARRHYTHMIAS HAVE BEEN PRECEDED BY EPISODES OF SYNCCPE. SYNCOPE IN PATIENTS RECEIVING TERFENADINE SHOULD LEAD TO DISCONTINUATION OF TREATMENT AND FULL EVALUATION OF POTENTIAL ARRHYTHMIAS.

(See CONTRAINDICATIONS, WARNINGS, CLINICAL PHARMACOLOGY, AND PRECAUTIONS: DRUG INTERACTIONS.)

DESCRIPTION

SELDANE-D (terfenadine and pseudoephedrine hydrochloride) Extended-Release Tablets are available for oral administration.

Each tablet contains 60 mg terfenadine and 10 mg of pseudoephedrine hydrochloride in an outer press-coat for immediate release and 110 mg pseudoephedrine hydrochloride in an extended-release core. Tablets also contain, as inactive ingredients: colloidal silicon dioxide, ethylcellulose, glycerin, hydroxypropyl cellulose, hydroxypropyl methylcellulose 2208, hydroxypropyl methylcellulose 2910, lactose, magnesium stearate, microcrystalline cellulose, polysorbate 80, precipitated calcium carbonate, pregelatinized corn starch, sodium lauryl sulfate, sodium starch glycolate, talc, titanium dioxide, and zinc stearate.

INDICATIONS AND USAGE

SELDANE-D is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, lacrimation, and nasal congestion. It should be administered when both the antihistaminic properties of SELDANE (terfenadine) and the nasal decongestant activity of pseudoephedrine hydrochloride are desired (see CLINICAL PHARMACOLOGY).

SELDANE-D has not been studied for effectiveness in relieving the symptoms of the common cold.

CONTRAINDICATIONS

CONCOMITANT ADMINISTRATION OF SELDANE-D WITH KETOCONAZOLE (NIZORAL) OR ITRACONAZOLE (SPORANOX) IS CONTRAINDICATED. SELDANE-D IS ALSO CONTRAINDICATED IN PATIENTS WITH DISEASE STATES OR OTHER CONCOMITANT MEDICATIONS KNOWN TO IMPAIR ITS METABOLISM, INCLUDING SIGNIFICANT HEPATIC DYSFUNCTION, AND CONCURRENT USE OF CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN. QT PROLONGATION HAS BEEN DEMONSTRATED IN SOME PATIENTS TAKING TERFENADINE IN THESE SETTINGS, AND RARE CASES OF SERIOUS CARDIOVASCULAR EVENTS, INCLUDING DEATH, CARDIAC ARREST, AND TORSADES DE POINTES, HAVE BEEN REPORTED IN THESE PATIENT POPULATIONS. (See WARNINGS and PRECAUTIONS: Drug Interactions.)

SELDANE-D is contraindicated in nursing mothers, patients with severe hypertension or severe coronary artery disease, patients receiving monoamine oxidase (MAO) inhibitor therapy, and in patients with a known hypersensitivity to any of its ingredients (see DESCRIPTION section).

WARNINGS

Terfenadine undergoes extensive metabolism in the liver by a specific cytochrome P-450 isoenzyme. This metabolic pathway may be impaired in patients with hepatic dysfunction (alcoholic cirrhosis, hepatitis) or who are taking drugs such as ketoconazole,itraconazole, or clarithromycin, erythromycin, or troleandomycin (macrolide antibiotics), or other potent inhibitors of this isoenzyme. Interference with this metabolism can lead to elevated terfenadine plasma levels associated with QT prolongation and increased risk of ventricular tachyarrhythmias (such as torsades de pointes, ventricular tachycardia, and ventricular fibrillation) at the recommended dose. SELDANE-D is contraindicated for use by patients with these conditions (see WARNING BOX, CONTRAINDICATIONS, and PRECAUTIONS: Drug Interactions).

Other patients who may be at risk for these adverse cardiovascular events include patients who may experience new or increased QT prolongation while receiving certain drugs or having conditions which lead to QT prolongation. These include patients taking certain antiarrhythmics, bepridil, certain psychotropics, probucol, or astemizole; patients with electrolyte abnormalities such as hypokalemia or hypomagnesemia, or taking diuretics with potential for inducing electrolyte abnormalities; and patients with congenital QT syndrome. SELDANE-D is not recommended for use by patients with these conditions.

The relationship of underlying cardiac disease to the development of ventricular tachyarrhythmias while on SELDANE-D therapy is unclear; nonetheless, SELDANE-D should also be used with caution in these patients.

Sympathomimetic amines should be used judiciously and sparingly in patients with hypertension, diabetes mellitus, ischemic heart disease, increased intraocular pressure, hyperthyroidism, or prostatic hypertrophy (see CONTRAINDICATIONS). Sympathomimetic amines may produce CNS stimulation with convulsions or cardiovascular collapse with accompanying hypotension.

Use in Elderly

The elderly are more likely to have adverse reactions to sympathomimetic amines.

PRECAUTIONS

General

SELDANE-D should be used with caution in patients with diabetes, hypertension, cardiovascular disease, and hyperreactivity to ephedrine.

Information for Patients

Patients taking SELDANE-D should receive the following information and instructions. Patients should be advised to take SELDANE-D only as needed and NOT TO EXCEED THE PRESCRIBED DOSE. Patients should be questioned about use of any other prescription or over-the-counter medication, and should be cautioned regarding the potential for life-threatening arrhythmias with concurrent use of ketoconazole, itraconazole, clarithromycin, erythromycin, or troleandomycin. Patients should be advised to consult the physician before concurrent use of other medications with terfenadine. Patients should be questioned about pregnancy or lactation before starting SELDANE-D therapy, since the drug is contraindicated in nursing women and should be used in pregnancy only if the potential benefit justifies the potential risk to the fetus. Patients should be directed to swallow the tablet whole. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat, moisture, or direct sunlight, and away from children.

Drug Interactions (see CONTRAINDICATIONS)

Monoamine oxidase (MAO) inhibitors and beta-adrenergic agonists increase the effect of sympathomimetic amines. Sympathomimetic amines may reduce the antihypertensive effects of methyldopa, mecamylamine, and reserpine. MAO inhibitors may prolong and intensify the effects of antihistamines.

Care should be taken in the administration of SELDANE-D concomitantly with other sympathomimetic amines because combined effects on the cardiovascular system may be harmful to the patient.

Ketoconazole

Spontaneous adverse reaction reports of patients taking concomitant ketoconazole with recommended doses of terfenadine demonstrate QT interval prolongation and rare serious cardiac events, e.g. death, cardiac arrest, and ventricular arrhythmia including torsades de pointes. Pharmacokinetic data indicate that ketoconazole markedly inhibits the metabolism of terfenadine, resulting in elevated plasma terfenadine levels. Presence of unchanged terfenadine is associated with statistically significant prolongation of the QT and QTc intervals. **Concomitant administration of ketoconazole and SELDANE-D is contraindicated** (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS).

Itraconazole

Torsades de pointes and elevated parent terfenadine levels have been reported during concomitant use of terfenadine and itraconazole in clinical trials of itraconazole and from foreign post-marketing sources. One death has also been reported from foreign post-marketing sources. **Concomitant administration of itraconazole and SELDANE-D is contraindicated** (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS).

Due to the chemical similarity of other azole-type antifungal agents (including fluconazole, metronidazole, and miconazole) to ketoconazole and itraconazole, concomitant use of these products with SELDANE-D is not recommended pending full examination of potential interactions.

Macrolides

Clinical drug interactions studies indicate that erythromycin and clarithromycin can exert an effect on terfenadine metabolism by a mechanism which may be similar to that of ketoconazole, but to a lesser extent. Although erythromycin measurably decreases the clearance of the terfenadine acid metabolite, its influence on terfenadine plasma levels is still under investigation. A few spontaneous accounts of QT interval prolongation with ventricular arrhythmia including torsades de pointes have been reported in patients receiving erythromycin and troleandomycin.

Concomitant administration of SELDANE-D with clarithromycin, erythromycin, or troleandomycin is contraindicated (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS).

Pending full characterization of potential interactions, concomitant administration of SELDANE-D with other macrolide antibiotics, including azithromycin is not recommended. Studies to evaluate potential interaction of terfenadine with azithromycin are in progress.

Carcinogenesis, Mutagenesis, Impairment of Fertility

No studies have been conducted to evaluate the carcinogenic potential of SELDANE-D.

Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies with terfenadine in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased post-implantation losses were observed, which were judged to be secondary to maternal toxicity. Animal reproduction studies have not been carried out with pseudoephedrine.

Pregnancy Category C

The combination of terfenadine and pseudoephedrine hydrochloride (in a ratio of 1:2 by weight) has been shown to produce reduced fetal weight in rats and rabbits at 42 times the human dose, and delayed ossification with wavy ribs in a few fetuses when given to rats at a dose of 63 times the human daily dose. There are no adequate and well-controlled studies in pregnant women. SELDANE-D should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing Mothers (see CONTRAINDICATIONS)

Terfenadine has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation.

Pediatric Use

Safety and effectiveness of SELDANE-D in children below the age of 12 years have not been established.

ADVERSE REACTIONS

Cardiovascular Adverse Events

With terfenadine, rare reports of severe cardiovascular adverse effects have been received which include ventricular tachyarrhythmias (torsades de pointes, ventricular tachycardia, ventricular fibrillation, and cardiac arrest), hypotension, palpitations, syncope, and dizziness. Rare reports of deaths resulting from ventricular tachyarrhythmias have been received (see CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS: Drug Interactions). Hypotension, palpitations, syncope, and dizziness could reflect undetected ventricular arrhythmia. IN SOME PATIENTS, DEATH, CARDIAC ARREST, OR TORSADES DE POINTES HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. (See WARNING BOX.) Rare reports of serious cardiovascular adverse events have been received, [illegible] involving QT prolongation and torsades de pointes, in apparently [illegible] individuals without identifiable risk factors, there is not conclusive [illegible] of a causal relationship of these events with terfenadine. [illegible] rare cases there was measurable plasma terfenadine, the [illegible] in this and in with respect to the variability of terfenadine [illegible] population cannot be assessed without further study [illegible] in otherwise normal patients with rhinitis, small increases in QTc interval were observed at doses of 60 m[illegible] studies at 300 mg b.i.d. a mean increase in QTc of 10% (rang[illegible] +30%) (mean increase of 46 msec) was observed.

General Adverse Events

In double-blind, parallel, controlled studies in over 300 patients SELDANE-D was compared to extended-release pseudoep[illegible] adverse reactions reported for greater than 1% of the patients SELDANE-D were not clinically different from those reported fo[illegible] receiving pseudoephedrine (see Table below).

Frequently (>1%) Reported Adverse Events for SELDANE-D in Double Parallel, Controlled Clinical Trials*

	Percent of Patients Reporting		
Adverse Event	SELDANE-D (N=374)	Pseudo-ephedrine (N=287)	P
Central Nervous System			
Insomnia	25.9	26.8	
Headache	17.4	17.1	
Drowsiness/Sedation	7.2	4.9	
Nervousness	6.7	8.4	
Anorexia	3.7	3.8	
Fatigue	2.1	1.4	
Restlessness	2.1	1.0	
Irritability	1.1	0.0	
Disorientation	1.1	0.0	
Increased Energy	1.1	0.0	
Hyperkinesia	1.1	1.0	
Autonomic			
Dry Mouth/Nose/Throat	21.7	21.3	
Blurring of Vision	1.1	0.3	
Gastrointestinal			
Nausea	4.5	5.6	
Skin			
Rash	1.1	0.0	
Cardiovascular			
Palpitations	2.4	3.8	
Allergy Symptoms			
Sore Throat	1.9	1.7	
Cough	1.6	0.3	
Other			
Infection, Upper Respiratory	1.3	2.4	
Taste Alterations	1.1	1.0	

*SELDANE-D B.I.D., pseudoephedrine 120 mg B.I.D.

Pseudoephedrine may cause ephedrine-like reactions such [illegible] cardia, palpitations, headache, dizziness, or nausea. Sympat[illegible] drugs have also been associated with certain untoward [illegible] including fear, anxiety, tenseness, restlessness, tremor, weakne[illegible] respiratory difficulty, dysuria, insomnia, hallucinations, convulsi[illegible] depression, arrhythmias, and cardiovascular collapse with hypot[illegible]

In controlled clinical trials with terfenadine, using the recommer[illegible] dose of 60 mg b.i.d., the incidence of adverse events in patients[illegible] terfenadine was similar to that reported in patients receiving[illegible] These effects included:

Central Nervous System: Drowsiness, headache, fatigue, [illegible] nervousness, weakness, appetite increase

Gastrointestinal System: Abdominal distress, nausea, vomitin[illegible] in bowel habits

Eye, Ear, Nose and Throat: Dry mouth/nose/throat, cough, s[illegible] epistaxis

Skin: Eruption (including rash and urticaria) or itching

Also reported spontaneously during the marketing of terfenac[illegible] alopecia (hair loss or thinning), anaphylaxis, angioedema, bronc[illegible] confusion, depression, galactorrhea, insomnia, menstrual [illegible] (including dysmenorrhea), musculoskeletal symptoms, nightmar[illegible] thesia, photosensitivity, rapid flare of psoriasis, seizures, sin[illegible] cardia, sweating, thrombocytopenia, tremor, urinary frequency, [illegible] disturbances.

Also in clinical trials, several instances of mild or, in one case, [illegible] transaminase elevations were seen in patients receiving terfena[illegible] elevations were also seen in placebo treated patients. Marketi[illegible] ences include isolated reports of jaundice, cholestatic hep[illegible] hepatitis. In most cases available information is incomplete.

OVERDOSAGE

Information concerning possible overdosage and its treatment [illegible] Full Prescribing Information.

DOSAGE AND ADMINISTRATION

Adults and children 12 years and older: one tablet swallow[illegible] morning and night.

USE OF DOSES IN EXCESS OF ONE TABLET B.I.D. IS NOT[illegible] MENDED BECAUSE OF THE INCREASED POTENTIAL [illegible] INTERVAL PROLONGATION AND ADVERSE CARDIAC EVE[illegible] WARNING BOX.) USE OF SELDANE-D IN PATIENTS WITH SIG[illegible] HEPATIC DYSFUNCTION AND IN PATIENTS TAKING KETOC[illegible] ITRACONAZOLE, CLARITHROMYCIN, ERYTHROMYCIN, OR [illegible] DOMYCIN IS CONTRAINDICATED. (See CONTRAINDIC[illegible] WARNINGS, and PRECAUTIONS: Drug Interactions.)

HOW SUPPLIED

SELDANE-D Tablets containing 60 mg of terfenadine and pseudoephedrine hydrochloride in an outer press-coat for release and 110 mg of pseudoephedrine hydrochloride in an release core are supplied as follows:

NDC 0068-0722-61: Bottles of 100 tablets.

Tablets are white to off-white, biconvex capsule-shaped; "SELDANE-D". Store at controlled room temperature (59-86°F) Protect from moisture.

Prescribing Information as of January 1993

U.S. Patents 3,878,217; 4,929,605; 4,996,061; 4,254,129.

MARION MERRELL DOW INC.
PRESCRIPTION PRODUCTS DIVISION
KANSAS CITY MO 64134

sedb0193b


"FINALLY, A MEDICINE FOR
MY SEASONAL NASAL ALLERGIES THAT'S
WORTH SEEING MY DOCTOR ABOUT."
SELDANE-D
EXTENDED-RELEASE TABLETS
WARNING: YOU MUST NOT TAKE SELDANE-D if you are taking the antifungal drugs ketoconazole (Nizoral®), itraconazole (Sporanox®), the antibiotics erythromycin, clarithromycin, or troleandomycin, or if you have liver disease. DO NOT TAKE MORE THAN the amount of Seldane-D prescribed by your doctor. Seldane-D has been associated with rare occurrences of abnormal heartbeats, heart attack, and death under these conditions. Please see important additional information on adjacent page.

FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP



BASIC TRAINING

Brochure outlines ABCs of a running program

Are you getting the most out of your running program? Find out in the brochure "The American Running and Fitness Association's Guide to Running and Racing." Some suggestions:

- Run 25 to 35 minutes a day, three to four days a week.
- Do a long run no more than once a week but at least once a month. Each long run equals 20 to 30 percent of weekly mileage. Follow a long run with rest the next day, or you can bike, swim, or do an easy run.
- Think 10 percent. To avoid injury, that's the most you should increase your mileage each week.
- Are you overtraining? Check for increases in thirst and resting heart rate plus changes in weight and sleep.

The free brochure also covers warming up, cooling down, and stretching. For a copy, send a SASE (business size) with 52 cents postage to: AR&FA, Dept. BHG-P-TR, 4405 East-West Hwy., Suite 405, Bethesda, MD 20814.

MANAGING MENOPAUSE

How exercise helps during the change

The death rate from heart disease increases in middle-aged women partly because of the drop in estrogen levels during menopause.

There is good news. A three-year University of Pittsburgh study of women ages 42 to 50 shows that exercise after menopause cuts this risk.

Women who increased their physical activity over the three years showed less decline in HDL (the "good" cholesterol) and less weight gain than women who decreased activity. In psychological testing, the higher activity group also showed smaller rises in stress and depression.

Additionally, experts say that exercise counters the thinning of bones that accelerates after menopause, which helps reduce old-age fractures.

Try to exercise during menopause, even if only in moderate amounts. Walking just 20 minutes a day was enough to help the women in the study, says Jane Owens, Ph.D.



BIRDIE BASHING

Badminton is more than a lazy lawn game

Not everyone plays badminton with "a beer in one hand and a racket in the other," says Roger Sweeting, Ph.D.

Indoor badminton, played on a lined court, is a smash-and-dash game of flexibility, agility, and endurance. What can an all-out game of badminton do for you? Players probably run 3 to 5 miles during three games and, in an hour, use nearly the same number of calories (350) as they would in an hour of tennis singles.

Badminton is a lifetime sport that doesn't favor youth, says Sweeting, an associate professor at Pennsylvania State University Erie and coauthor of *Badminton: Basic Skills and Drills* (Mayfield Publishing, Mountain View, Calif.; $12). Points are won when a shuttlecock (or birdie)—hit back and forth over a net—falls to the ground.

The game is played on a 44×17-foot singles court (44×20-foot doubles). A good racket, net, and tube of shuttlecocks cost about $75.

COFFEE CAUTION

Caffeine may be a risk for some exercisers

Attention java junkies: If you have a mild case of high blood pressure, abstain from drinking coffee before you exercise.

A study of men ages 30 to 45 found that the caffeine in two to three cups of coffee increased blood pressure 10 percent at rest. These effects showed up 30 minutes after drinking and lasted three hours or more.

This jolt of caffeine can further burden a cardiovascular system already stressed by exercise, says Bong Hee Sung, Ph.D., at the State University of New York at Buffalo.

For example, a normal blood pressure of 120/80 mm Hg can rise to 170/80 with exercise and 180/84 with caffeine and exercise. A mildly high blood pressure of 140/90 can rise to 200/90 with exercise and 218/102 with exercise and caffeine.

The message here is to lay off the

continued on page 82

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FITNESS MATTERS

continued from page 80

caffeine for three hours before working out. More important, know your blood pressure. Untreated hypertension can contribute to heart attacks, strokes, and kidney failure.

PUSH-MOWER FITNESS

Can mowerobics classes be far behind?

Cutting your grass is the latest way to push yourself toward fitness, mower or less.

Push-reel mowers are making a comeback, and that's good news for fitness-minded people. Push mowers are the kind used until the 1950s when power mowers became popular.

The American Lawn Mower Company in Shelbyville, Indiana, says 200,000 push mowers were sold in 1945. Sales dropped to 84,000 in 1985 but are back up to 200,000 a year the past two years.



Nostalgia is feeding the comeback, as is the fact that push mowers don't pollute the air and are quieter and easier to maintain. They're also safer, make better mulch, and, at around $100, cost about half as much as power mowers.

What's more, the fitness benefits are cutting edge: pushing a 16- to 31-pound mower works arms and legs and burns 300 to 400 calories an hour, 25 percent more than pushing a power mower, says Carl Foster, Ph.D., at SinaiSamaritan Medical Center in Milwaukee.

The downside of push mowers is that they may be too taxing for some people with heart problems. Check with your doctor. In addition, you must mow more often since push mowers work best when the grass is not long. Plus, push mowers make for a long day on large, rolling yards.

But if you have a smaller, flat lawn, consider a push mower—it's a growing trend in fitness.

SHINSPLINTS TIPS

How to avoid knee-to-ankle leg pain

Warm weather means a lot of folks are going to do too much exercising too soon. That can lead to shinsplints, a term for knee-to-ankle muscle pain caused by overtraining, notes the *Penn State Sports Medicine Newsletter.*

Athletes who run a lot, such as soccer players, tennis players, and runners, tend to suffer the most from the malady. If you get shinsplints, don't run through the pain. Do something about it before the pain gets too bad and a stress fracture develops, says James Lynch, M.D., at the Penn State Center for Sports Medicine. Here's what you can do:

- Ice the injury and take pain relievers such as aspirin or ibuprofen.
- Reduce your training by 50 percent, "or train in another way that rests the lower legs, such as by biking," says Lynch. "We rarely tell people not to work out."
- Develop leg strength and flexibility with ankle exercises, such as walking on your toes for 5 minutes, then walking on your heels for 5 minutes.

Shinsplints may take two to six months to heal, so be patient. Also, you may need to make some changes in your behavior. For example, don't increase your running mileage more than 10 percent per week. Avoid running up hills and on hard or uneven surfaces as much as possible, and replace shoes that no longer give arch support and cushioning. Running shoes wear out about every 500 miles or four to six months.

For information on subscribing to the *Penn State Sports Medicine Newsletter*, write them at: Dept. BHG, P.O. Box 6568, Syracuse, NY 13217-9976.

FITNESS FOR ALL

Handicapped folks should join regular fitness classes

Thanks to the Americans with Disabilities Act, many communities have done well in making buildings and buses accessible to the 40-plus million physically impaired Americans. Now, National Handicapped Sports is working with fitness facilities to make exercise programs equally accessible.

"People with physical disabilities usually don't need a separate aerobics class, for example," says NHS executive director Kirk Bauer. "They can be mainstreamed."

Most of the resistance to mainstreaming involves ignorance about both the limits and *abilities* of people with physical disabilities, says Bauer. NHS helps more than 60,000 disabled people each year and teaches health care and fitness professionals about disabilities through its 86 local chapters and at six three-and-a-half day workshops around the country.

NHS also offers "Fitness Is For Everyone," a series of eight videotapes ($17–$40 per tape) covering strength and flexibility exercises plus aerobics for amputees, quadriplegics, paraplegics, and people with cerebral palsy.

NHS membership dues vary from chapter to chapter, the range being $5 to $20 a year. For more information, write: NHS National Headquarters, Dept. BHG, 451 Hungerford Dr., Suite 100, Rockville, MD 20850.

continued on page 84

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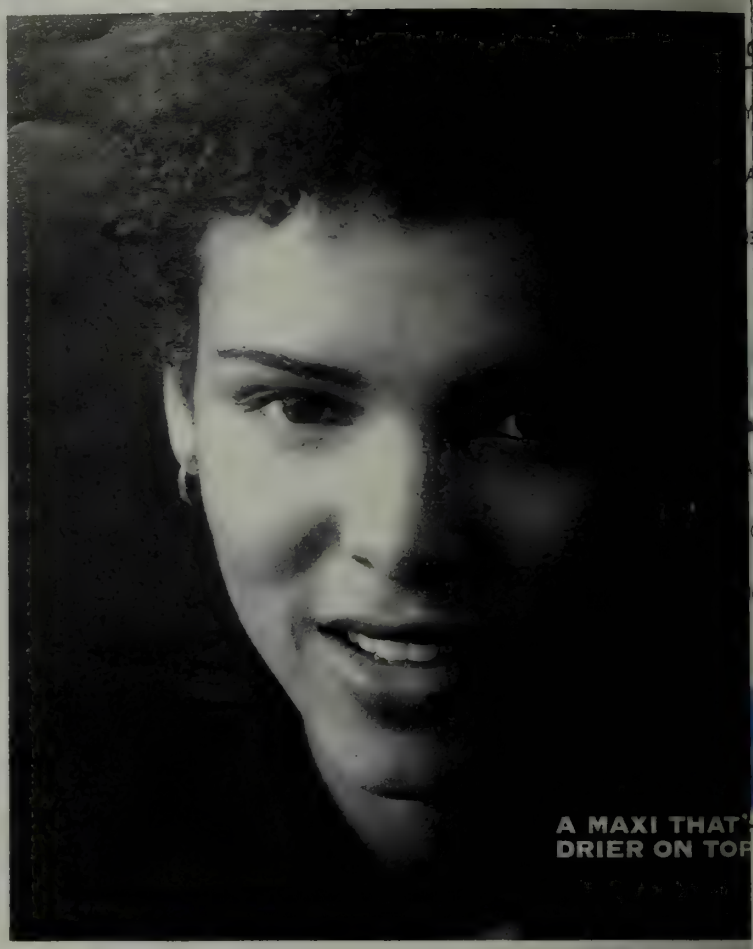
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A l w a y s w i t h





FITNESS MATTERS

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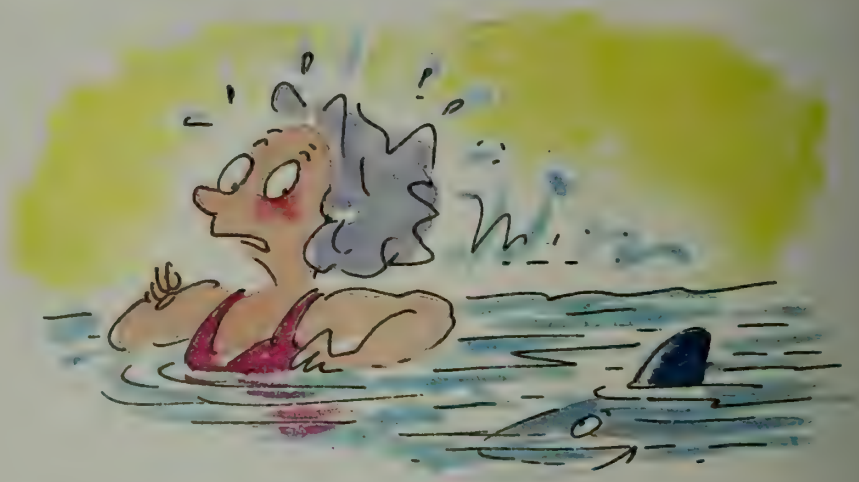
WATER WALKING

A fitness alternative to swimming

Until recently, the crawl was the main way folks got fit in a swimming pool. Now, more people are turning to walking in the water for their workouts.

Water walking involves striding through waist- to chest-deep water. Water provides support—great for sore and arthritic joints—plus continual resistance to every movement, which makes for a good workout.

Typically, water walkers move back and forth in pools or in the shallows of oceans or lakes. They work out 30 to 60 minutes at least three days a week, moving forward, backward, and sideways and doing a variety of steps, kicks, lunges, stretches, and arm movements. As with any exercise program, check with your doctor before you start water walking.



Water runners, out for a more intense workout, wear flotation vests and "run" in water that's deep enough so they can't stand, says John Spannuth, executive director of the U.S. Water Fitness Association.

Water walking offers strength, flexibility, and endurance benefits similar to swimming. Plus, it's fun. As you walk, you can talk and people-watch, says Spannuth. As a practical matter, your hair stays dry so there's less hassle with workouts at lunch. That is, provided you can find pool space. That may be a problem because lanes are often dominated by just one or two lap swimmers. Spannuth says about 20 water walkers of all ages and abilities can exercise single file in one lane. He is lobbying fitness facility staffs to accommodate people who want to take part in water walking.

For more information on water walking, a free brochure, or to order a 57-minute how-to video ($35.95), send a SASE (business size) stamped with 52 cents postage to: U.S.W.F.A., Dept. BHG, P.O. Box 3279, Boynton Beach, FL 33424-3279.

D r i – W e a v e

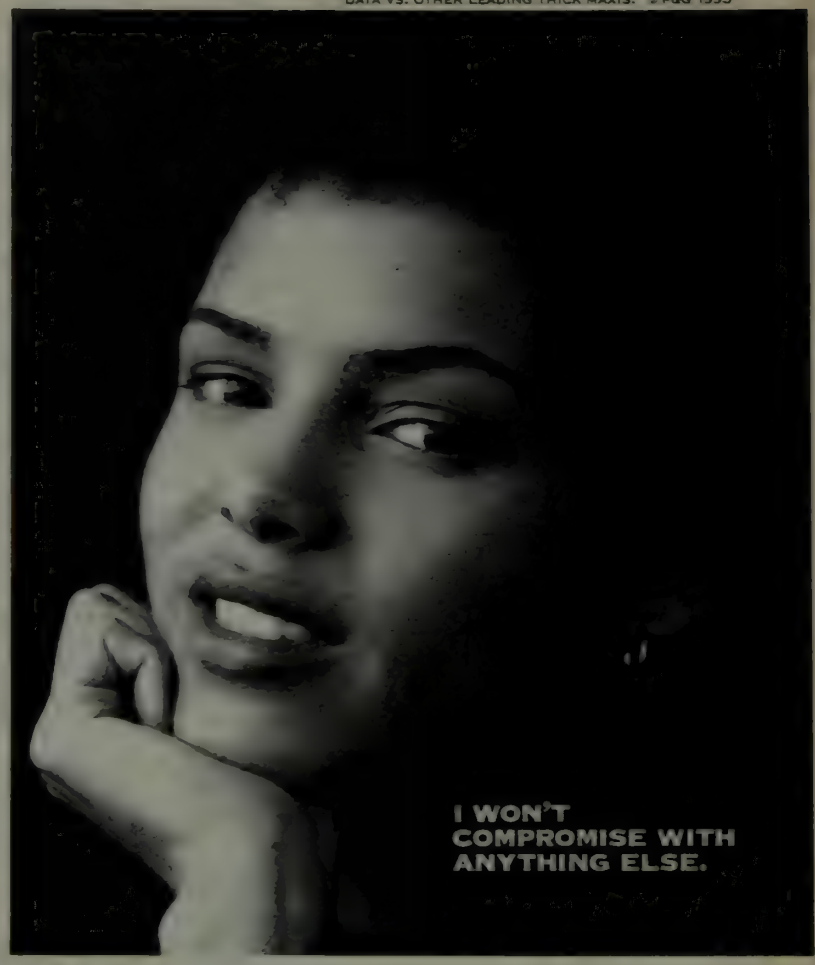
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WOMEN BEWARE

Exercise following ovulation may cause heat stress

ll exercisers should be concerned about the heat as weather warms, but female ath- s should take extra precautions in week to 10 days following their e of ovulation.

Baylor College of Medicine researchers found that body temperature, which normally rises 2 or 3 degrees during exercise, was 1 to 2 degrees even higher for women who worked out during the week or so that followed ovulation time. Ovulation typically occurs 14 days after menstruation begins. The researchers also noted that the women's heart rates were up 15 beats a minute compared to preovulatory exercise heart rates.

These elevated body temperatures and heart rates are signs that a woman's athletic performance may suffer, and she could have an increased chance of suffering heat illness, says study author James Pivarnik, Ph.D.

You need not abandon your workouts during hot weather. Just take a little extra care during the latter half of the menstrual cycle. Be prepared to back off a bit, or stop exercising, if you feel faint, dizzy, or overheated during vigorous exercise in the heat. Cold, clammy skin or extreme weakness signal heat stroke, a life-threatening condition. Get medical help fast.

STRENGTHENING YOUNG BODIES

Kids can benefit from lifting

Don't assume that your youngster has no place in the weight room. William J. Kraemer, Ph.D., director of research at Penn State's Center for Sports Medicine in University Park, says that properly supervised strength training can reduce a young athlete's odds of injury.

Preteens won't develop the muscle size of older folks, but they will improve their strength and nerve function. Kids under age 7 should stick with calisthenics or very low weights. The National Strength and Conditioning Association (NSCA) and other health organizations recommend that prepubescent children use weights light enough to be lifted at least six times.

For detailed recommendations, you can order the book *Strength Training for Young Athletes* ($16.95 plus S&H), by Dr. Kraemer and Steven J. Fleck, Ph.D., from Human Kinetics Publishers (800/747-4457). BHG

—By free-lance writer Gary Legwold

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Gateway to a garden getaway

Flowers bring storybook charm to Barbara and Cliff Faucher's Seattle home. Once the ugly duckling of their neighborhood, the couple's tiny front yard blossomed into an enchanting and colorful garden retreat.

BY JANE AUSTIN MCKEON

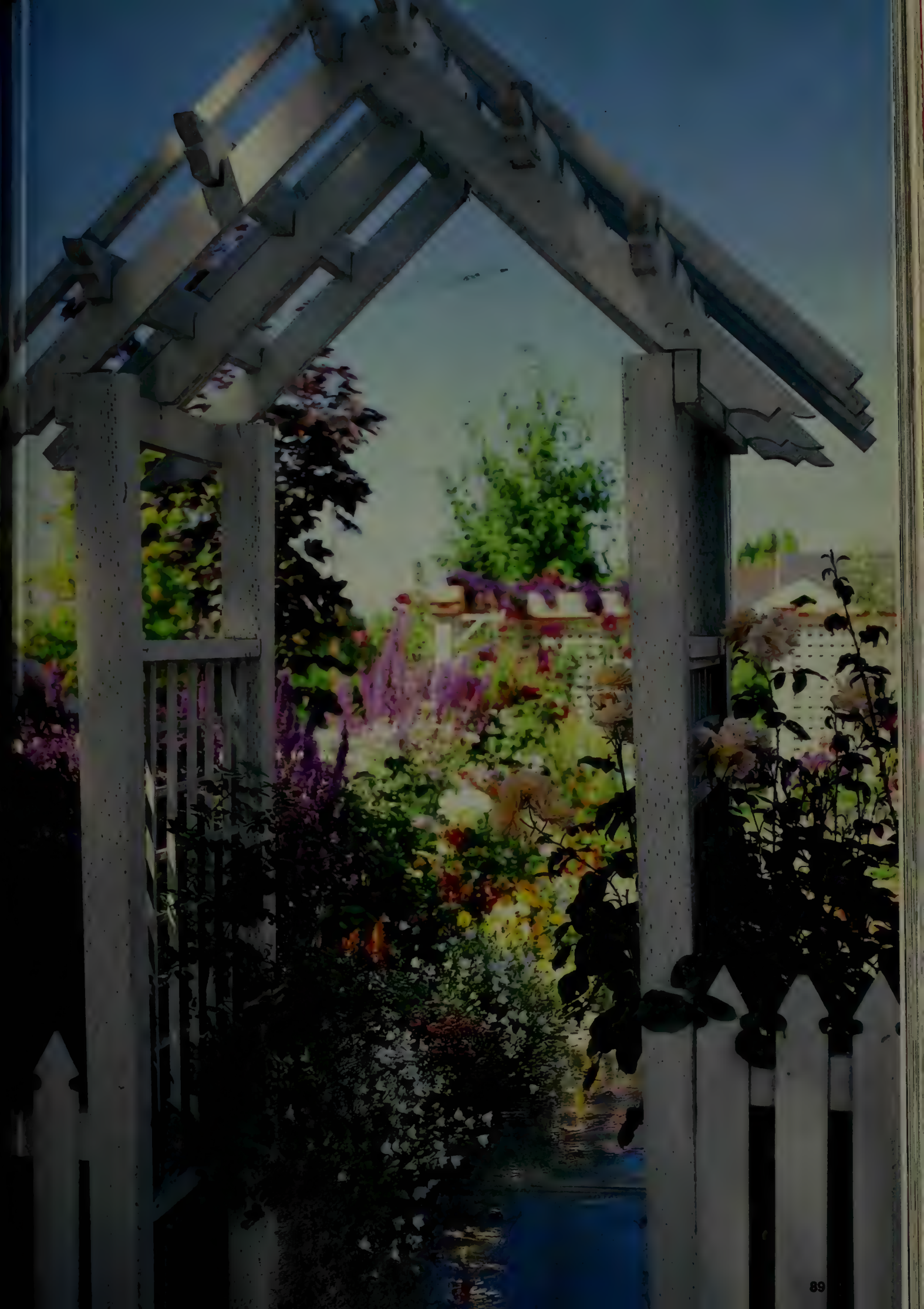


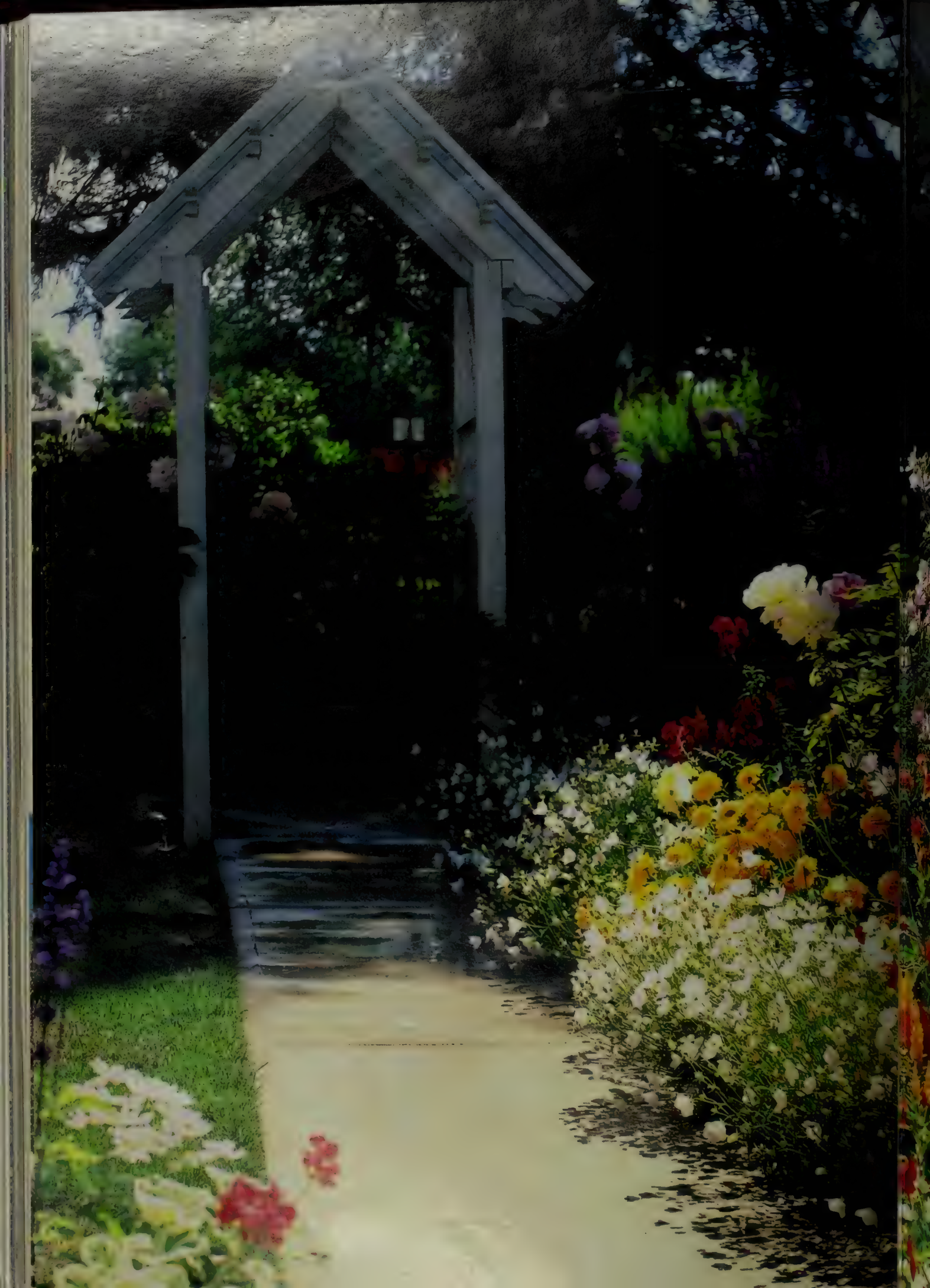
A GRAND ENTRANCE
The Fauchers' Victorian-style arbor frames a pretty view of their entry garden and invites neighbors to stroll in for a visit. Supported by 4×4 posts, the trellis is built of 2×6s and 2×2s. Lattice panels support climbing roses.



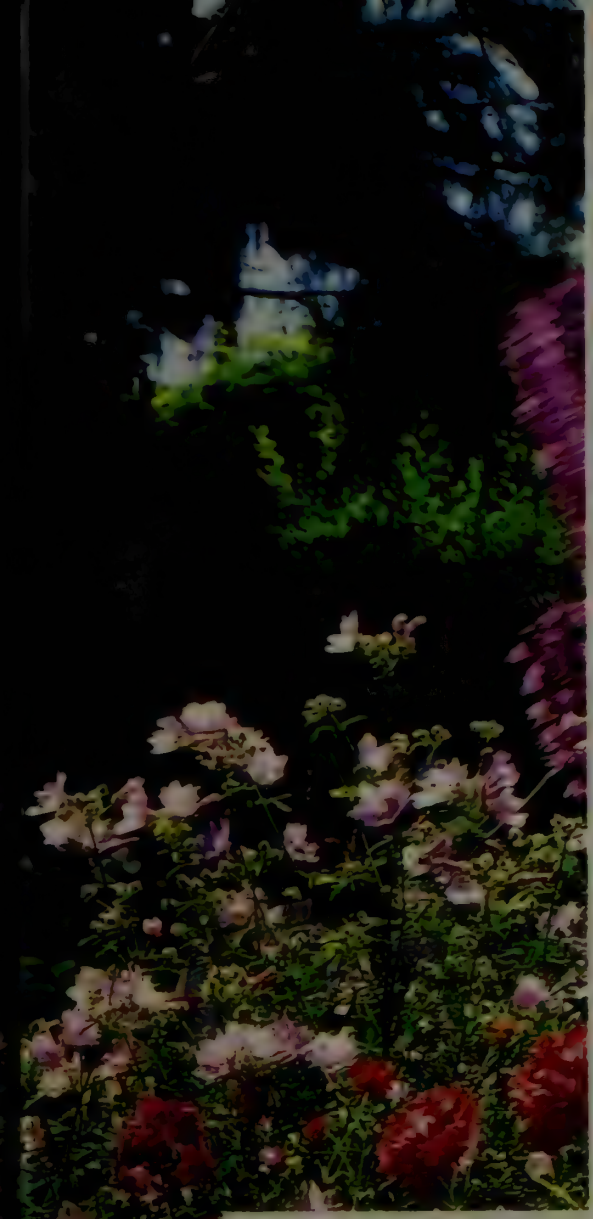
A border of blooms lures the Fauchers outdoors to relax on their patio. "I'm never aware of the busy traffic going by just over the fence," says Barbara.







Gateway to a garden getaway



ALL-SEASON COLOR Nonstop blooming is crucial in a front yard, where constant color really counts. Barbara filled her 30-foot-long border with perennials that offer a long blooming season, including coreopsis, liatris, rose, shasta daisy, campanula, malva, lythrum, and geum.

Photographs: Mike Jensen. Regional editor: Trish Maharam

A romantic English novel filled with flowery prose about fragrant, blooming borders is probably what inspired Barbara, an avid reader, to cast a critical eye toward her yard a few years ago. At that time, the Fauchers' corner lot was "a weedy dirt pile," she says. Instead of views of a lush lawn and colorful landscaping, "we had a big, ugly parking strip in front of our house."

Determined to create a gracious introduction to their home, the Fauchers bulldozed the yard and started over.

First, they removed the old, straight path to the front door and poured a new concrete walk and patio off to one side. "This encourages people to take a longer stroll past the garden on their way to the side door, now the main entry to the house," says Cliff.

The Victorian-style trellis and picket fence, designed and constructed by Cliff, spurred Barbara to "set aside my novels and read everything I could get my hands on about gar-

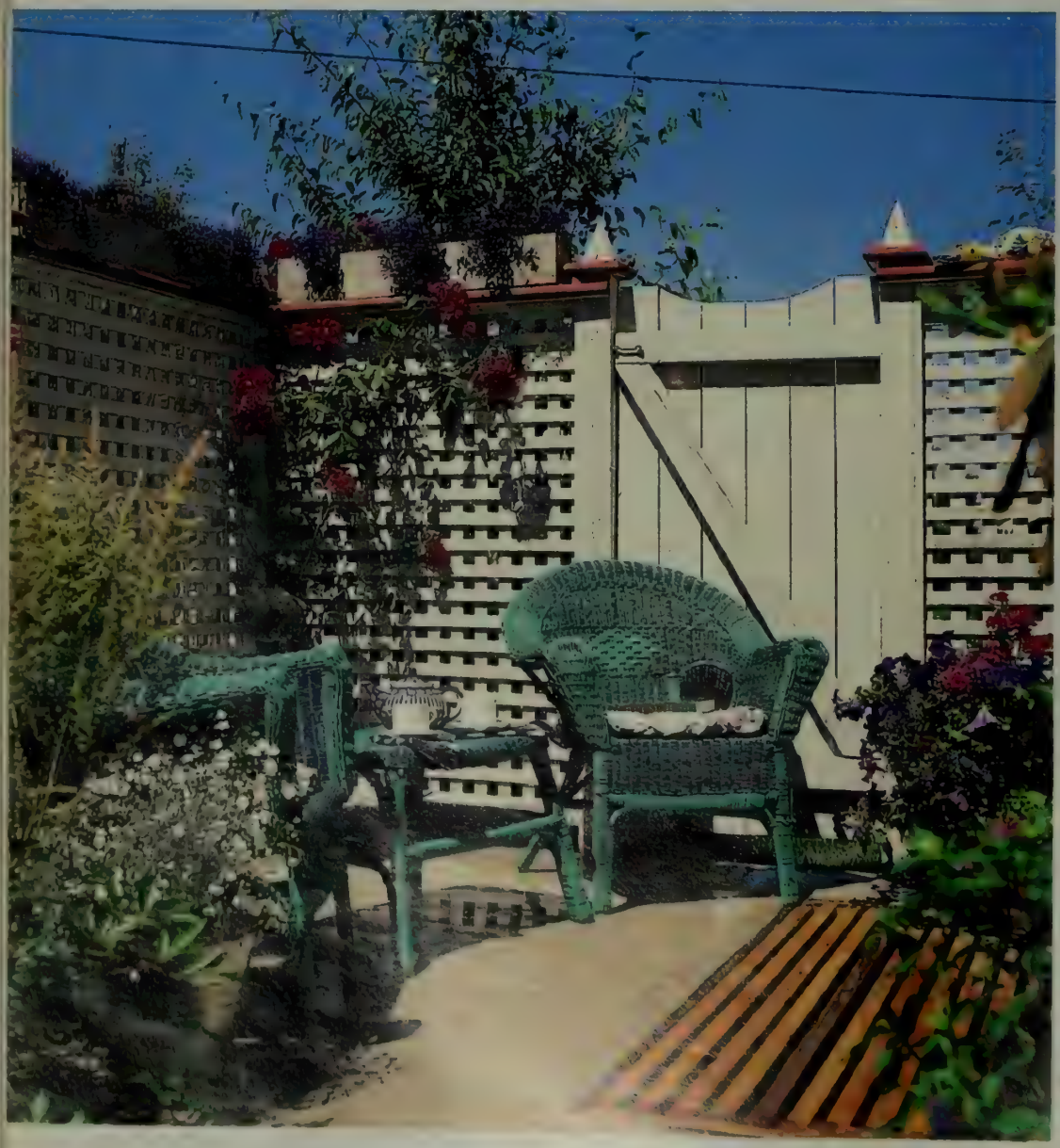


Gateway to a
garden getaway

dening," she says. "Then, on a piece of graph paper, I drew a plan for an old-fashioned flower border, complete with perennials and roses."

Barbara went by the book on soil preparation, tilling the site to a foot deep and adding loads of compost, rotted steer manure, and some new topsoil. But she broke a few rules at planting time. Carried away by compelling descriptions of flowers, "I started out planting everything I liked, without giving much thought to proper spacing," she says. "My border became so overcrowded by the second year, I had to dig up almost everything and replant the entire garden until all the flowers were spaced correctly."

Happily, the Fauchers' story has a beautiful ending—and a moral for other new gardeners. "I've learned to settle on a few favorite perennials and roses that do well in our climate, and give them plenty of room to show off," says Barbara. And show off they do. From spring to fall, their garden is a flowery fairyland come true. BH&G



ATTENTION TO SMALL DETAILS Little embellishments can have the biggest impact. Potted flowers give the Fauchers' patio extra punch. Other special effects: a slatted stoop for hosing off muddied garden shoes, leaf-green wicker chairs, and terra-cotta-colored trim on the screen.

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Beauty from a beastly back

BY JANE AUSTIN McKEON

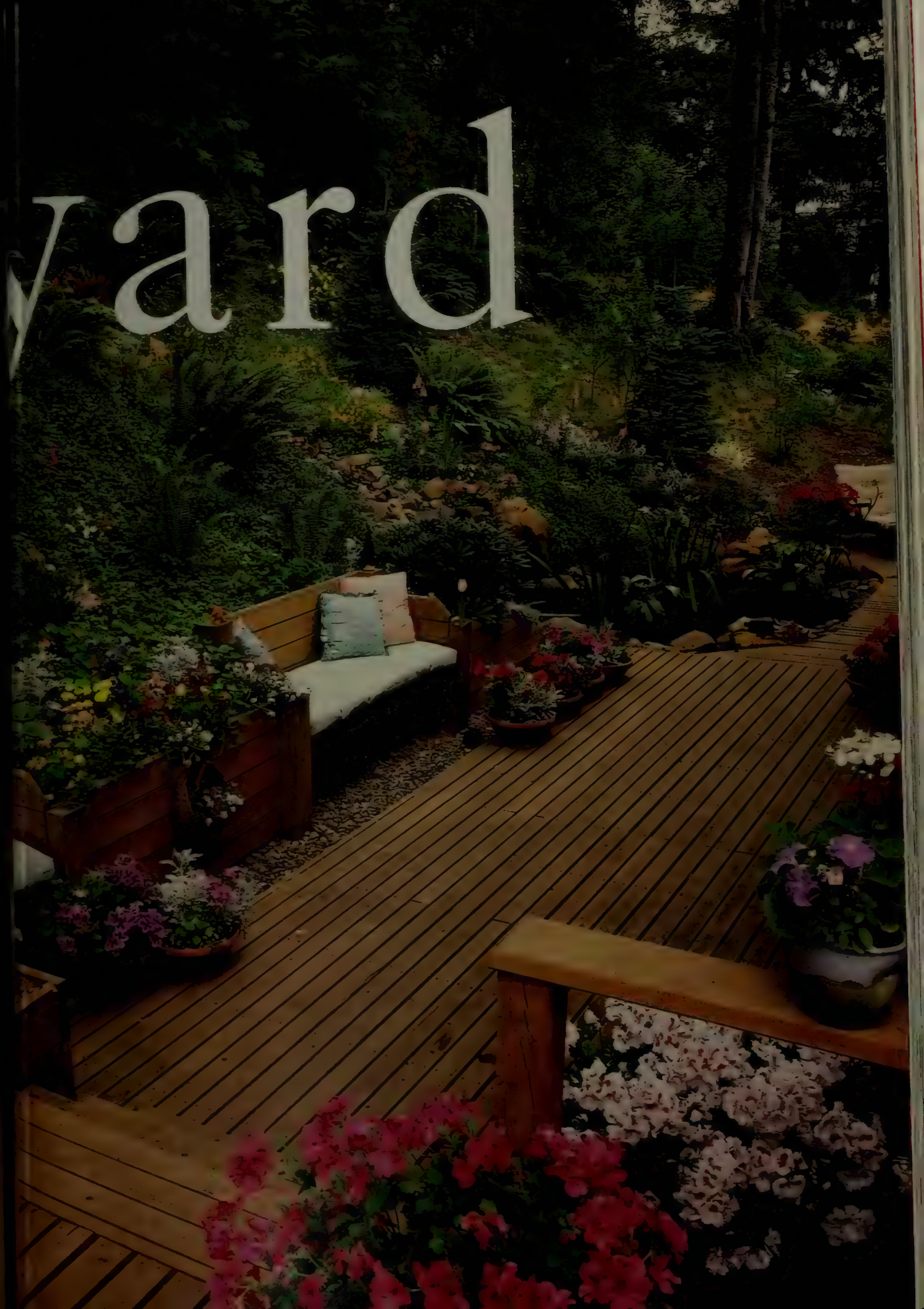
The music of gurgling water and chirping birds mingles with the laughter of children in the Portland, Oregon, backyard of the Jacques and Meg St. Louis family. They tamed their wooded hillside yard into a tranquil backyard habitat.

After building their home on a precipitous hillside, Jacques and Meg turned their energy and talents to making the backyard livable. "What backyard?" Jacques says with a laugh. "This lot



Enjoying the great outdoors in their backyard, Jacques and Meg St. Louis have dinner with their children, Alex and Jill.

DESIGNED WITH [illegible] IN MIND [illegible] of their slope, the St. Louises chiseled out just enough space for a multilevel deck. Planters and benches hold the hill in place by doubling as retaining walls. Ivy and fern cover the hillside.

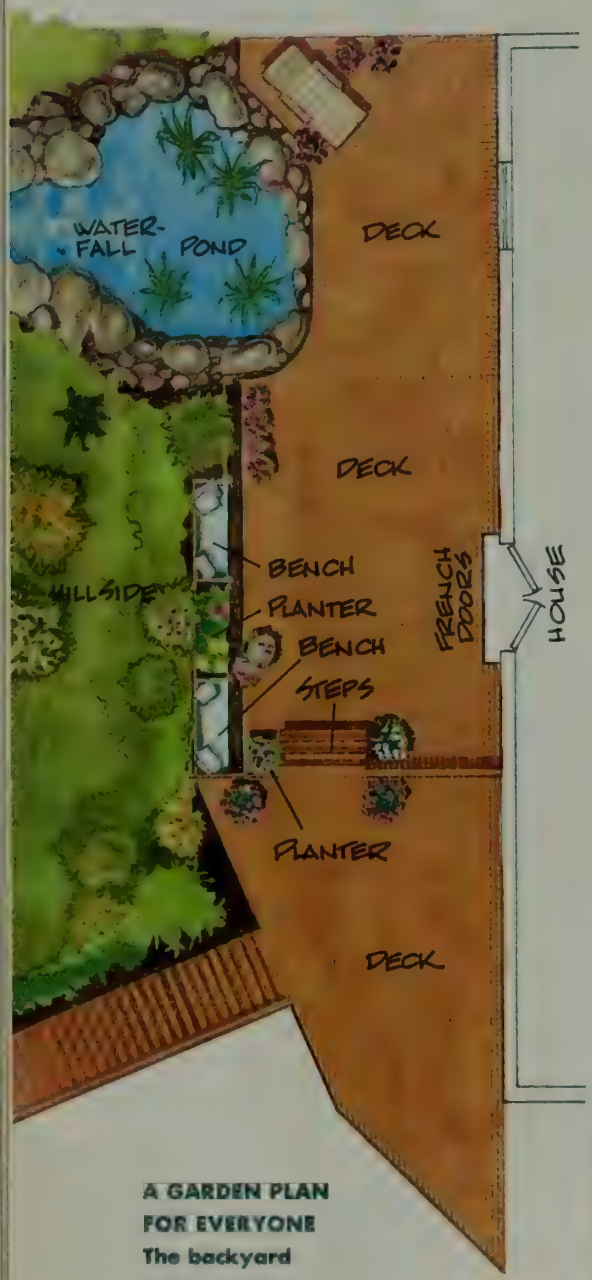

yard

Beauty from a beastly backyard

looked more like a ski run!" But imagination and hands-on skills helped the couple achieve the site's potential.

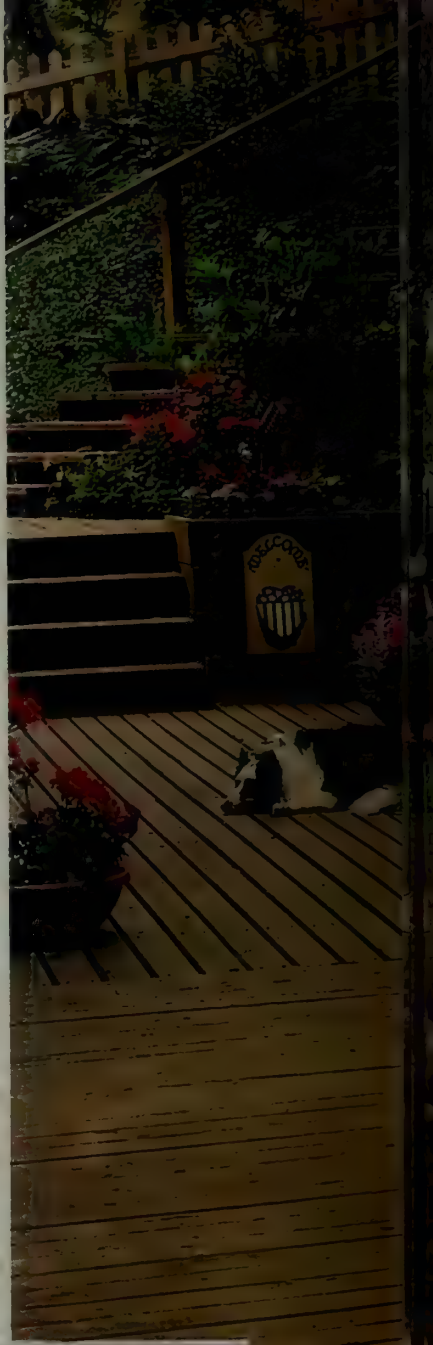
With two grade-school-age children, the St. Louises needed a landscape plan geared for an active family. They rejected the idea of building a basic, boxy deck for fear it would detract from their sylvan setting. Instead, they let the problem lot inspire a special solution: multilevel decking and native plantings that blend with the natural splendor of the yard.

Jacques envisioned a brook trickling down the slope like a Northwest forest stream, spilling over a small waterfall into a pond filled with koi. Meg and the children, avid bird watchers, wanted to preserve the hillside ecology, but enhance it with bird feeders.



A GARDEN PLAN FOR EVERYONE The backyard offers comfortable refuge for the entire family. Sitting, eating, and sunning areas satisfy both kids and adults.

Photographs: Stephen Cridland. Landscape design: Jacques St. Louis Regional editor: Cathy Howard





BACKYARD STREAM Water lilies thrive in sunken pots set into the [illegible]-inch-deep pond. The [illegible] stream and stairsteps down the slope.



DRAMATIC DECK TREATMENT
To avoid the long lines of a narrow deck, Jacques reversed the direction of fir 2×4s in a section in front of the pond. Steps at the far end of the deck take a turn up the hill to a tree house.

Beauty from a beastly backyard

Achieving the dream took backbreaking work. All of the labor was done after work hours by the family and an occasional friend dropping by to help. "We literally had to dig this rock-hard clay out of the hillside one inch at a time to gain room for the deck," says Meg.

Before they could build the deck, the St. Louises had to solve drainage problems to avoid mud slides into the back of the house. Heavy rocks were hauled up one at a time by pulley from the street far below to form the streambed and waterfall. "We really did feel like we were moving mountains at times," says Meg.

Cheered on by the chattering of songbirds, they carved out a retreat in just one season. Now the family enjoys the best of both worlds: the comforts of home and the sights and sounds of a wooded hillside. BH&G

To brighten their verdant retreat, Meg embellishes it with pastel cushions and hand-painted, decorative wood pieces.



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An Easy-Does-It garden



Jenny Kern's backyard opens up a bright world for sunbathing, gardening, and entertaining friends.

A beautiful backyard is now within Jenny Kern's reach, thanks to a trailblazing landscape design that meets her special needs. Jenny's oasis is filled with innovative ideas that are helping to pave the way toward accessible gardens.

Nothing can stand in the way when Jenny, a recent law school graduate, follows the course she sets for her professional path. But when she moved into her Berkeley, California, house a few years ago, an inaccessible backyard posed some tough hurdles at home. "It was impossible for me to get to my backyard," says Jenny, who is confined to a wheelchair.

BY JANE AUSTIN MCKEON



ENLARGED ENTRYWAYS
A 3-foot-wide entry at the side of Jenny's house allows wheelchairs to pass through to the backyard. Designed to swing easily in both directions, the gate pivots back flush with the house for maximum clearance.

RAMPS BECOME PRETTY PATHWAYS
Taking advantage of the property's natural slope, sandstone pavers beautifully fulfill the need for access ramps. Planting beds—filled with roses, perennials, and herbs—follow the curve of the ramps and soften the hard edges.

Easy-Does-It

garden

Admiring a garden from afar just wasn't good enough. Jenny yearned to be among the flowers and tend them herself. "I wanted to be able to go out and pick a fresh bouquet for the house," she says. "I had the backyard space, but it was a disaster." Mounds of dirt left from previous excavations were covered with dead weeds.

The barriers that prevented Jenny from enjoying her backyard came tumbling down when she sought the advice of landscape professional Steven Alward, a designer of accessible gardens. "Steve was very astute about my needs," she says. "He viewed the backyard through my eyes."

The heart of the landscape plan is an innovative design of two ramps that allow a wheelchair to move in and out of the yard. One ramp leads down the slop





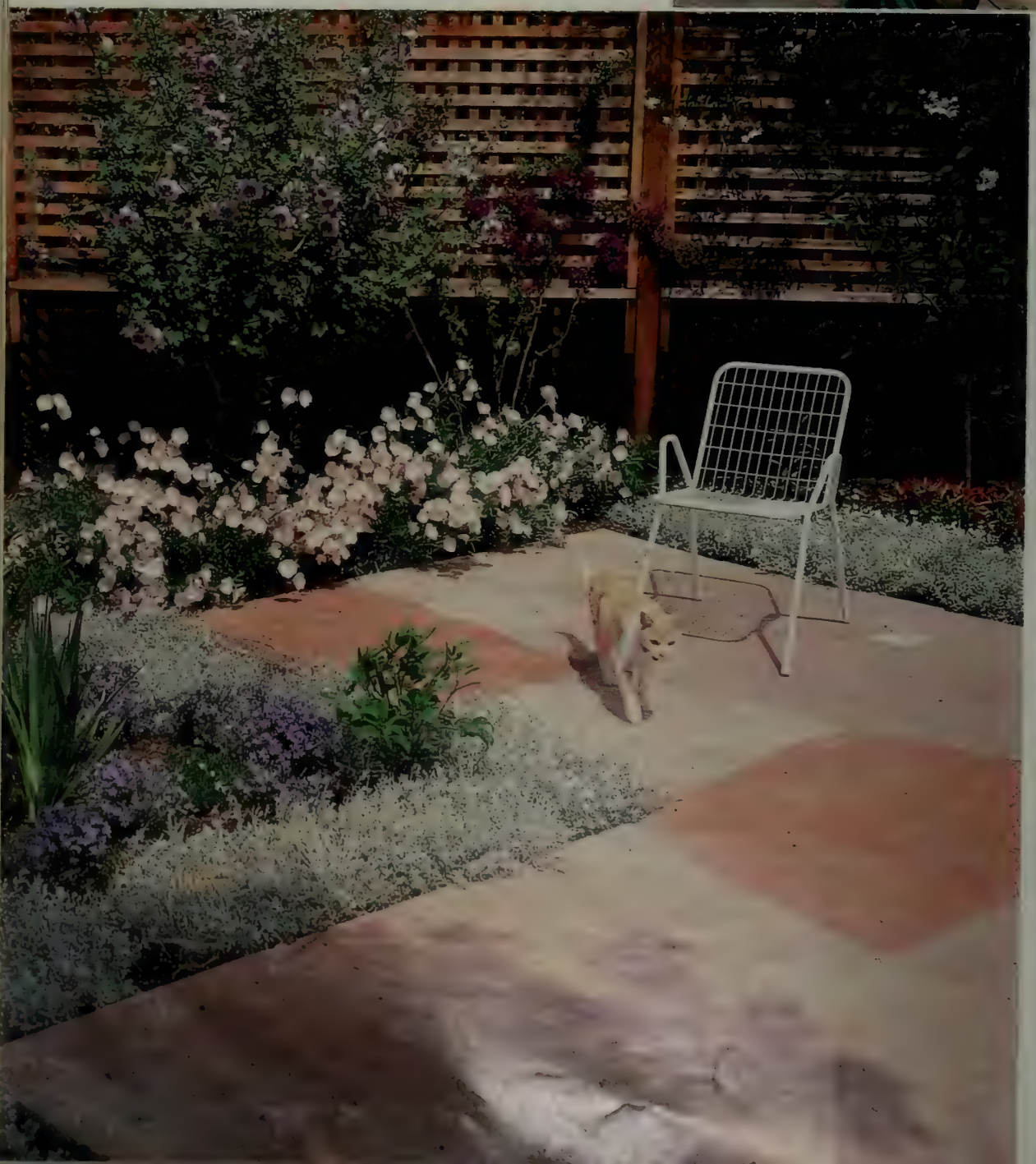
Easy-Does-It

garden

patio from a new deck off the rear of the house; the other continues down through the garden and ends at the gate. Stonework is so well integrated into every aspect of the design that the ramps are a gracious entry to the yard, not simply a solution to an access problem.

At the junction of the two ramps, a 10×10-foot pergola baffles the view from nearby houses and provides a focal point for entertaining. There, surrounded by flowers, Jenny is reminded that the beautiful and obtainable rewards of a garden bloom from determination and good design. BH&G





RAISED BEDS FOR EASY ACCESS Planters elevate herbs to a harvestable height. Jenny edged these beds with redwood lumber—not wide stones as she did elsewhere—to allow her to roll her wheelchair closer. A hose bib, installed at waist level, eases watering chores.

A PATIO DESIGNED FOR MANEUVERABILITY Attractive, 5-foot-deep jogs in the patio allow Jenny to move closer to the plants. (Five feet is the minimum radius needed for turning a wheelchair.) Red sandstone pavers create a smooth surface.

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NUTRASWE

a corner On Summer fun

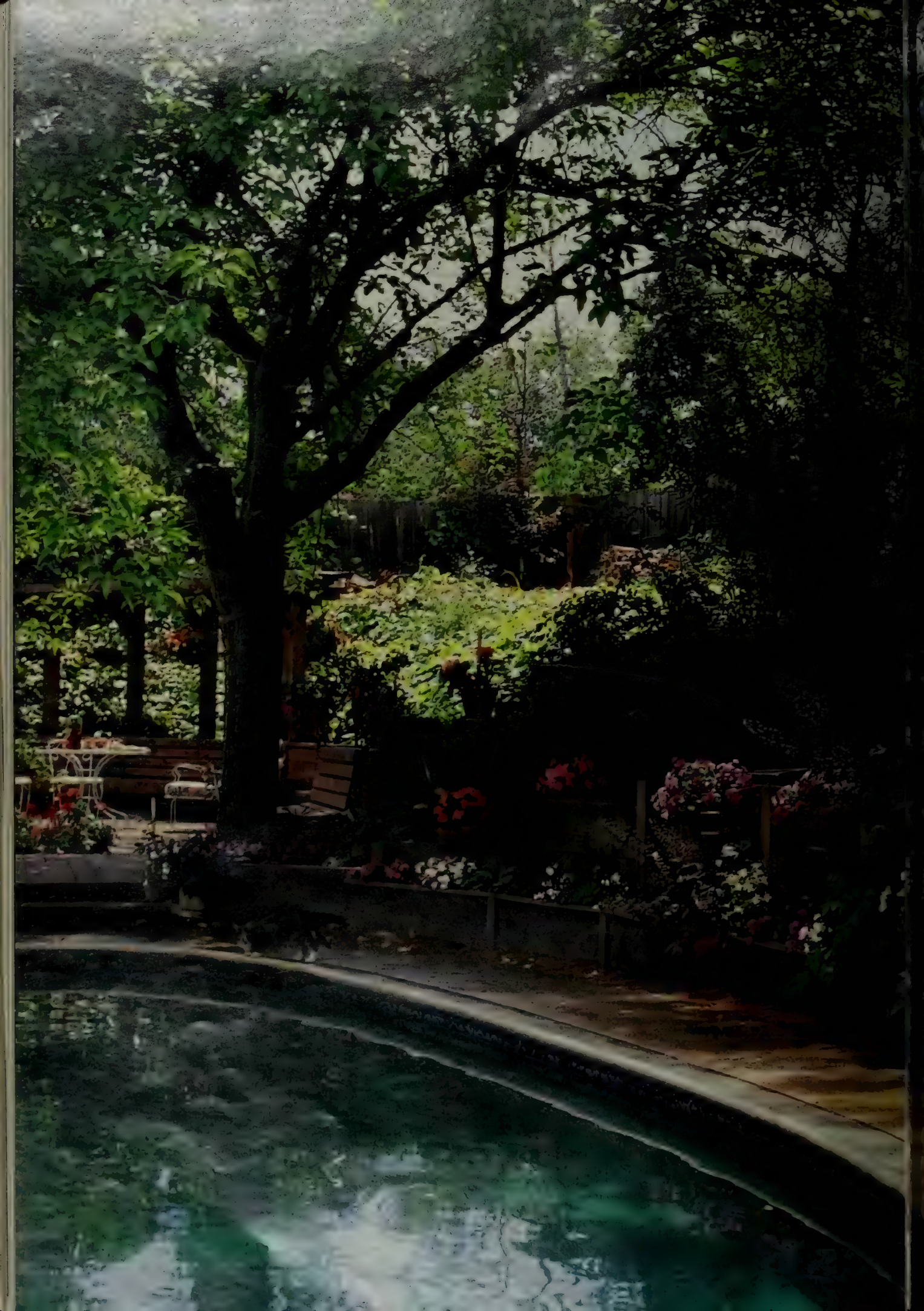
A small, sloping backyard forced Michal and Dan Post into a corner when they started to clear a space for outdoor living. By adding a side yard to their landscaping plans, the family created an L-shape retreat with summer fun that awaits them at each turn.

For years, the challenge of a steep embankment surrounding their California home leveled any hopes the Posts had for outdoor entertaining. The limited flat space they

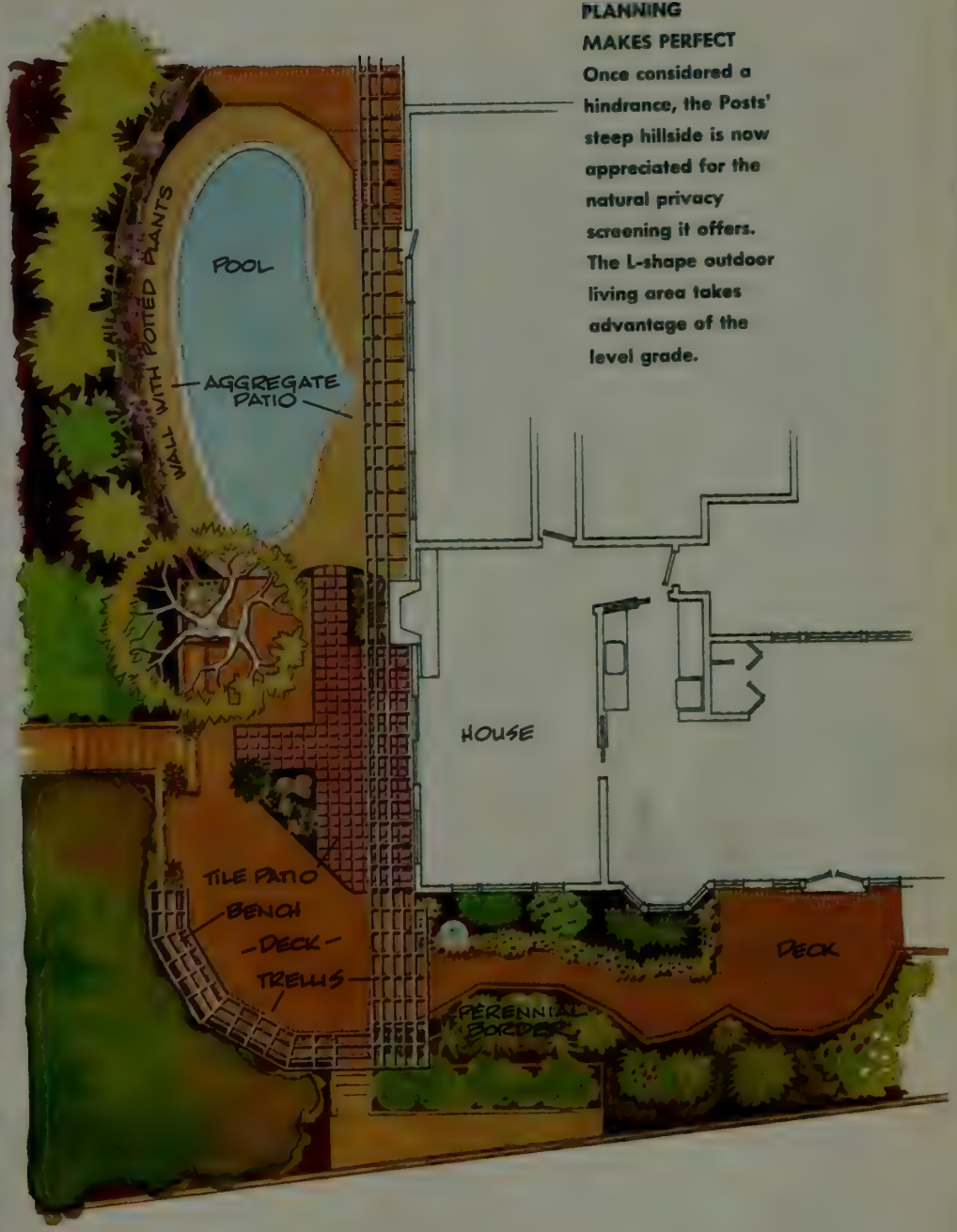
BY JANE AUSTIN McKEON



BLENDING YARD AREAS TOGETHER WITH A BOARDWALK More than a side-yard path, the boardwalk carries the deck theme around the corner from the backyard pool. Its zigzagging course is a visual trick to make the narrow stretch of space look wider than it is. The overhead trellis provides shade.







PLANNING MAKES PERFECT
Once considered a hindrance, the Posts' steep hillside is now appreciated for the natural privacy screening it offers. The L-shape outdoor living area takes advantage of the level grade.

SENSATIONAL SLOPE TREATMENT
A retaining wall drowned out the Posts' dreams for a pretty poolside until its role was downplayed by a colorful camouflage of plant material. Traditional redwood planters—mounted on the wall—overflow with impatiens and begonias, providing a spring-till-fall flower festival.

Summer *fun*

did have in their shallow backyard was filled to overflowing. "We had room for the pool, but little else," says Michal.

A new bay window—installed at the side of the house as part of a recent remodeling project—revealed the untapped potential of the couple's side yard. While the window allowed more light into the dining room, it also brought into sight the property's weedy hillside. "That was the motivation we



Summer *fun*

needed to move on outdoor improvements," says Michal.

As a quick fix, Dan terraced the sloping side yard for colorful plantings of perennials and annuals. The garden gave them a better view, but it failed to satisfy the family's outdoor living needs. "We wanted the yard to function like another room of the house," says Dan. So, naturally, the couple called their architect, Peter Golze, for advice.

Dan's terraced garden launched the idea for an L-shape retreat. In the side yard, a new boardwalk leads off the flow of decking that winds up at the pool. "The purpose of the boardwalk is to connect the side yard to the backyard," says Peter. "Before, they were separate and disjointed."

FAVORITE FLOWERS ON THE STEPS Viewed from living room windows, the shaded stairway steps up from the deck, dramatizing seasonal displays of potted flowers.

TURN THE CORNER FOR ENTERTAINING Wrapped around the corner of the house, the Posts' deck is a breezy extension of indoor living space. The trellis defines the "walls" of their outdoor room, linking the deck with the eaves of the house. The curving bench backs up to the retaining wall.





Summer *fun*

A large deck at the corner of the yard is the pivotal point of the plan. "By pushing back the slope with a retaining wall, we cleared a space for entertaining," says Peter. "The trellis helps unify all of the elements: house, garden, deck, and pool."

In addition, the couple topped the entire length of the retaining wall with a 2×10 cap. "When we have a large party, the retaining wall provides for overflow seating," says Peter.

Enjoying the privacy and convenience their hillside provides, the Posts no longer view their sloping yard as a landscaping liability. Their new outdoor hideaway gives them the corner on summer fun.

AN UNUSED SIDE YARD PUT TO WORK Its landscaping possibilities once overlooked, Michal and Dan Post's side yard is now a beautiful offshoot of their backyard. Decking works as both a passageway and a surface for child's play.

One more mile and Bogart gets a big bowl of cold tap water.

Dumb dog.



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BACKYARD SERENITY
Indoor comfort, outdoor vista



Why build a cabin in the mountains or a cottage by the sea when you can create a cozy retreat as close as your own backyard? That's what Jackie and Roy Trueblood did, and now they kiss the city life good-bye the moment they step inside their new enclosed porch. The key to this room's success is the way the room brings the beauty of the outside indoors. The soaring cathedral ceiling allows stunning vistas of the wooded yard from any spot in the room. Tall expanses of screening grab hold of every good thing that nature offers—from cool breezes to warm sunlight.

continued on page 116



Taking cues from the verandas that graced Victorian-era resorts, this well-crafted porch addition offers a comforting setting to enjoy the wonders of nature.

Photographs: Rick Tayl
Designer: Vince Kauffm
Landscape architect: Tr
Lloyd. Regional editor:
Ruth L. Reiter



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BACKYARD SERENITY

continued from page 114

This new addition also brings the comfort of the indoors outside. A large 14×20-foot living area provides plenty of room for the kids to play while the parents relax. A set of 15-pane French doors opens to the porch, letting it become a natural extension of the cozy interior living spaces. The couple furnished this outdoor room with good-quality exterior pieces that are as comfortable as they are durable.

To help the addition blend with the home's traditional interior architecture, the Truebloods lavished the porch with design details. The distinctive framework above the double-screened doors accents the porch's Victorian inspiration, but in a simplified form that melds with the more contemporary home. The arched shape of the screened wa and the hefty detailing where the porch meets the slab ar other prominent detailing examples.

Other details enhance the room's livability. Ceramic floo tiles are attractive, durable, and easy to clean. Lush land scaping and a powerful ceiling fan help keep the porc comfortable, even during hot Georgia summers. White painted woodwork and tongue-and-groove ceiling accen the room's airy atmosphere.

The addition improves the home's exterior appeal too. B matching the roof pitch, the stucco and wood cladding, an the beige and white colors, the porc addition appears as if it has always bee there. Its attractive design also create angular interest on a formerly flat-face rear facade.

By carefully echoing the architecture, this porch seems original to the house.



What This Dress Does For Your Wardrobe This Floor Will Do For Your Home.

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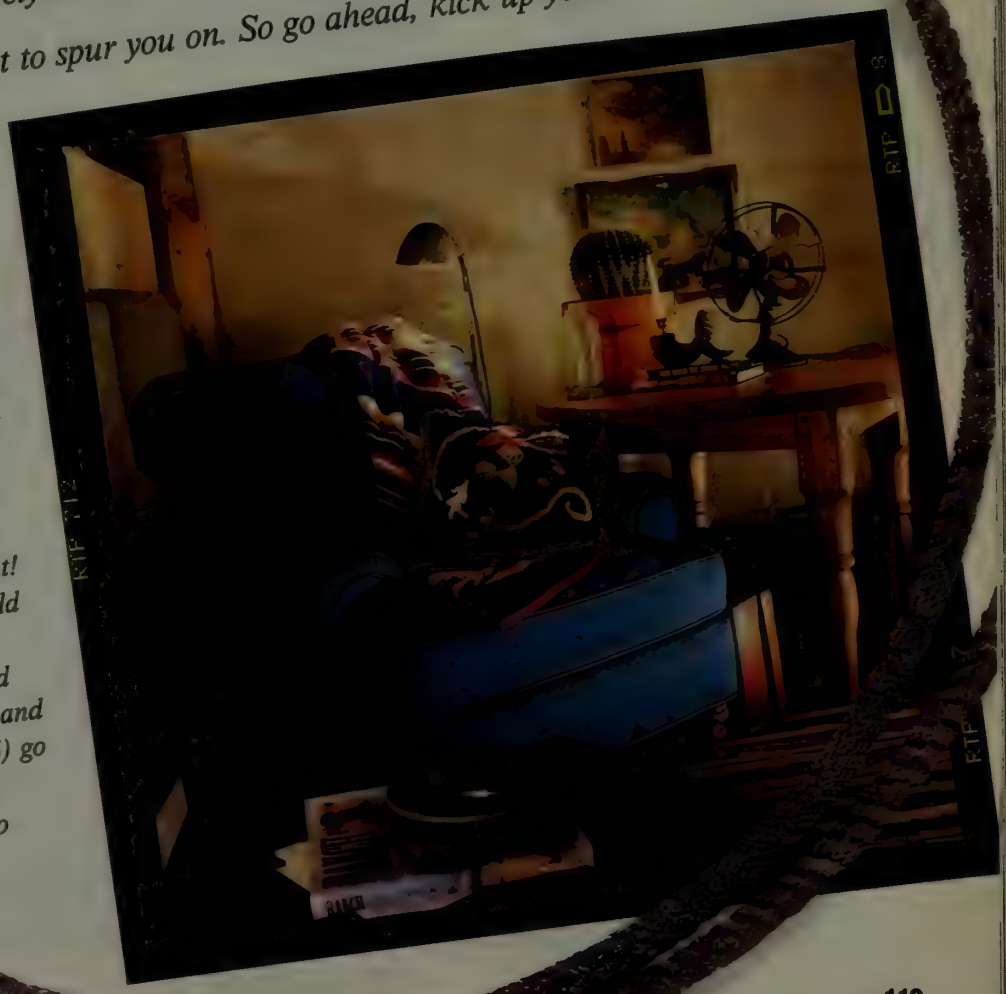
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western style Roundup

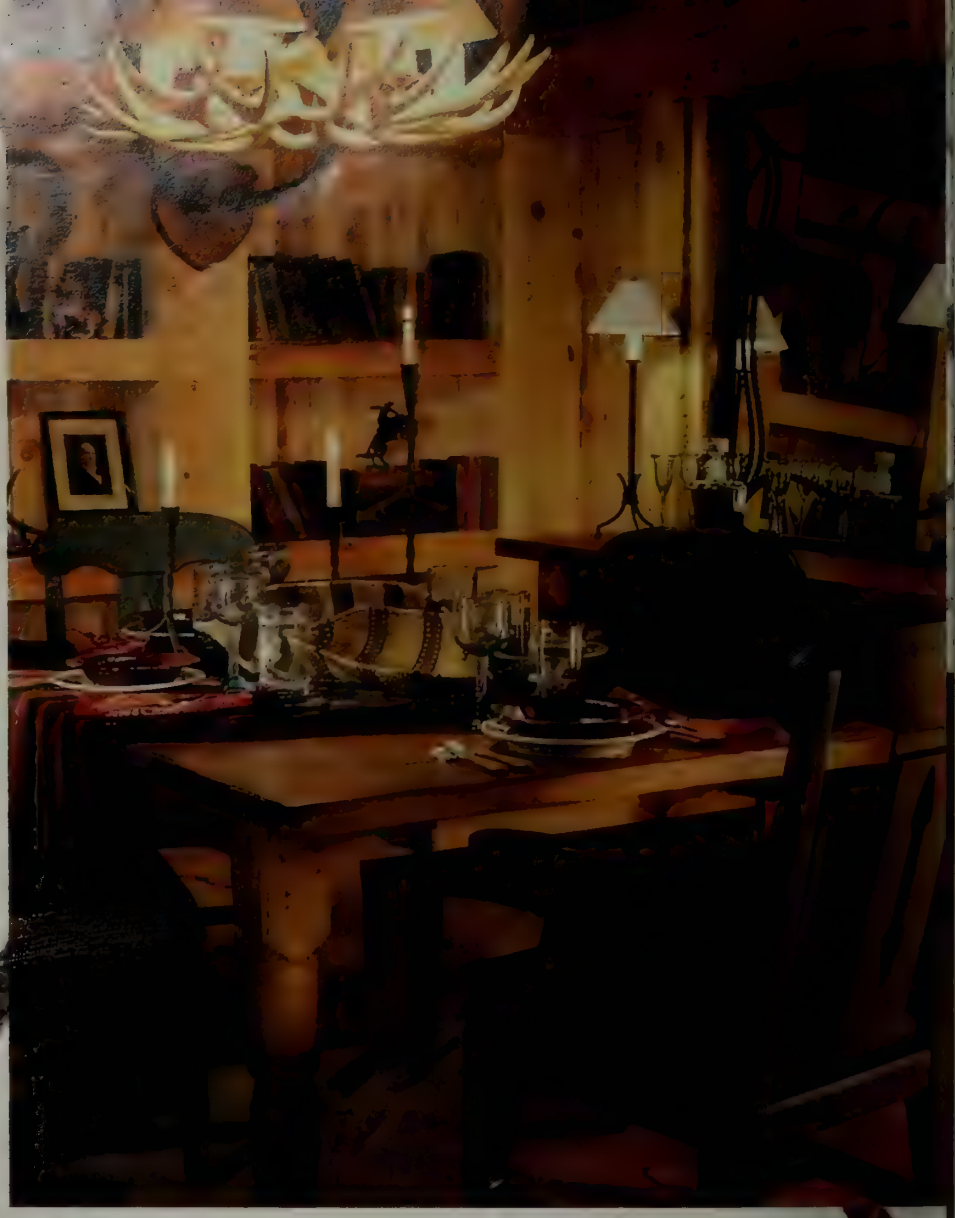
country decorating moseys down a happy trail

Country decorating has saddled up and headed to the American West. The best part of this casual, versatile style? You can let your rooms go wild—or just rough them up a bit with lively and natural Western elements. We've rounded up the best of the new West to spur you on. So go ahead, kick up your rooms!

BY
SANDRA S. SORIA



GET THE BLUES
Climbing into this stonewashed chair feels as good as pulling on faded jeans—it's even ample in the seat! And like your old blues, Lane's leather-trimmed chair ($1,095) and ottoman ($525) go with anything from florals to leather.

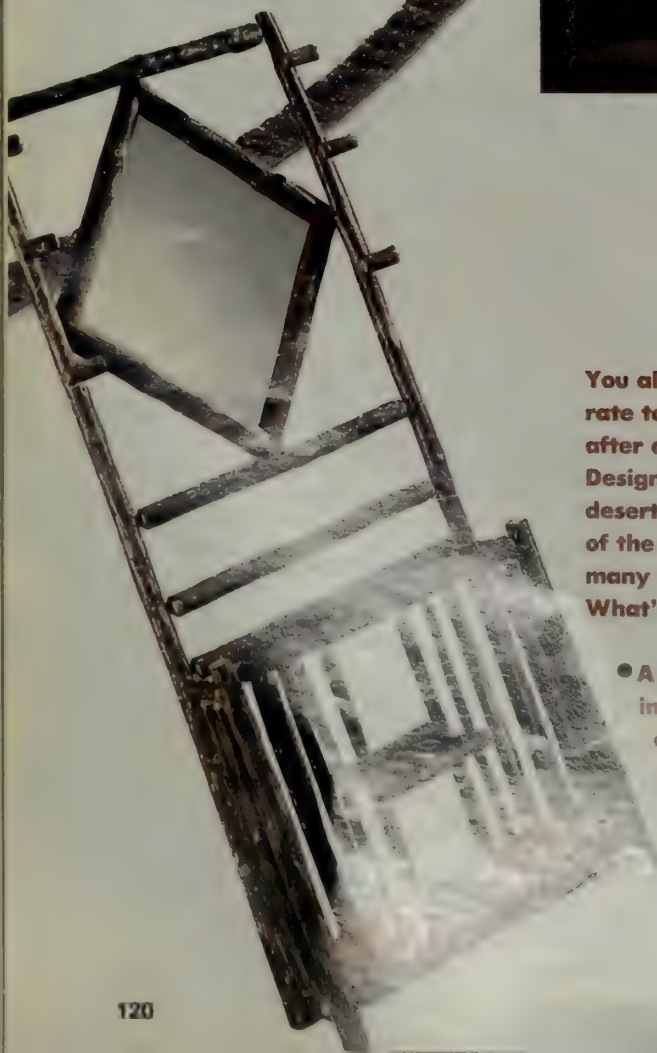


RUSTLE UP ATMOSPHERE

Folks seek 'round-the-campfire warmth for their dining rooms. Relax your guests with the mellow wood, painted finishes, and friendly motifs of Lane's Big Sky group (table, $1,950; chair, $442; buffet, $1,950; mirror, $650). Turn up the heat with shelves of books, then mine your memories or the earth for comforting accents.

HANG YOUR HAT HIGH . . .

. . . or at least in high style with Tell City's rough-and-ready Adirondack hall tree ($1,298). Let this sturdy hickory piece corral entryway clutter, or rope it into bedroom service as a handy dresser.



best of the west

You almost need a compass to decorate today, as one regional style after another takes the spotlight. Design has traveled from sunbaked desert adobes to the woody lodges of the Appalachians and made many rugged stops in between. What's new about Western style?

- **A branding of wild motifs. Roping cowboys, roaming buffalo, arrows, and more give an artful spirit to fabrics and furniture.**
- **A hearty mix of materials. The tough-as-nails pioneer's necessities—rope, denim, leather, and iron—wrangle their way onto furnishings as trims or main features. The result is earthy, casual—in step with the '90s mood.**
- **A new sense of freedom. Show some frontier spirit—be a fiercely independent decorator. Want to rerun a classic Western room? The goods are now available. If you prefer to flavor your existing country schemes with a few favorites, try some fabric changes and accessory swaps. Or, showcase one well-chosen Western element as art in a modern room.**

Roundup



PRAIRIE HOME COMPANION

As beautiful as if it were the real McCoy silhouetted against the sky at sunset, this buffalo sconce ($75) functions as a work of art. Part of the Wildlites series from Swing, the iron light could roam a hallway or be a bright spot in any room.

TTER THAN A BEDROLL

th simple, mixable lines, Lane's iron bed ,170) could rough up a sleek scheme or run with erd of Western companions—the Nevada night le ($416) and Buckboard cabinet ($2,145).

Buying information, page 183.

Roundup



TIGHT-FITTING JEANS
Hard-wearing denim and fiery red roping shoots down the stuffy image of the classic camelback sofa ($1,900), from Lineage. A quilted, Navajo-inspired design underscores its casual elegance.

BRANDED BY THE WIND
As handsomely weathered as a ranch hand's face, the finish on this side table ($350), from Lexington's American Country West line comfortingly connects rooms to the grand outdoors.

HAPPY TRAILS TO YOU
One artful chair can blaze a trail to a spirited new style—and comfort. From Milling Road, this scenic armchair ($1,391) can sidle up to the new denims, a country miniprint, or any solid fabric.

OUT ON A LIMB
The native peoples of this land bent birch wood into objects as beautiful as they were functional. Let your desk or bedside table illuminate this facet of history with Lady Slipper's birchbark lamp ($86).





COURTESY OF MILLING ROAD, (BEDROOM) COURTESY OF LEXINGTON FURNITURE

best of the west

Western styles are virtually stampeding into retail stores as major furniture makers lasso the look. To find dealers near you, contact:

- Bassett Furniture Industries, Box 626, Bassett, VA 24055
- The Lane Co., Box 151, Altavista, VA 24517
- La-Z-Boy, 1284 N. Telegraph Rd., Monroe, MI 48161
- Lexington Furniture, Box 1008, Lexington, NC 27293
- Lineage Home Furnishings, Box 11188, High Point, NC 27265
- Milling Road, a division of Baker Furniture, 329 N. Hamilton St., High Point, NC 27260
- Tell City Chair Company, Box 369, Tell City, IN 47586

FROM SADDLES TO SOFAS

Corral frontier spirit on a bed or sofa with Eastern Accents' tooled leather or suede pillows ($88 to $138).



Buying information, page 183.



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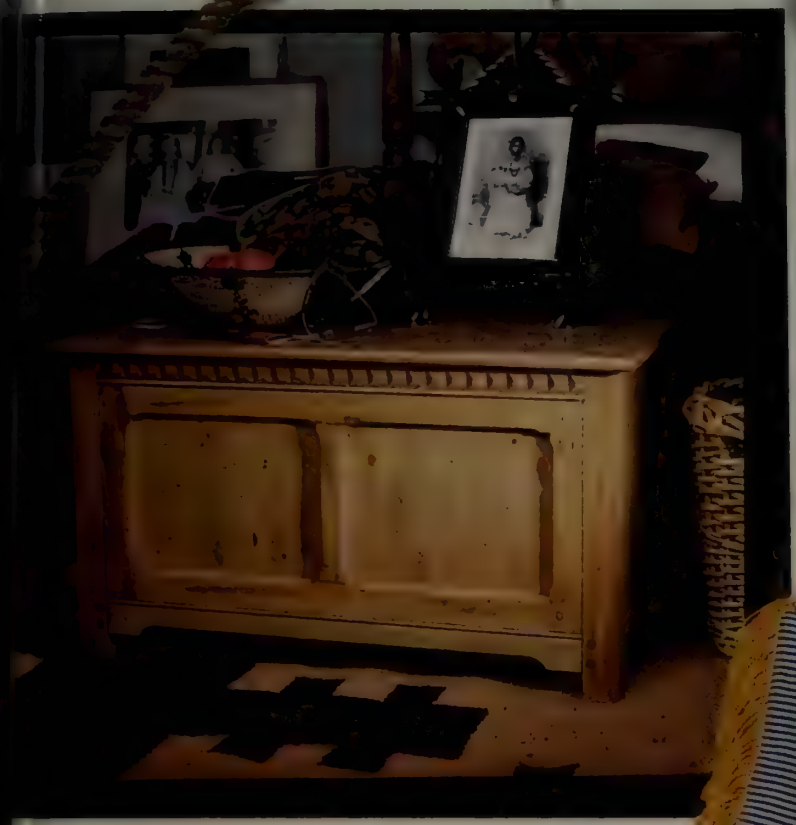
1-800-WE SE

Roundup

best of the west

No need to gallop; let a room mosey out West by swapping accents or smaller items. Here are sources:

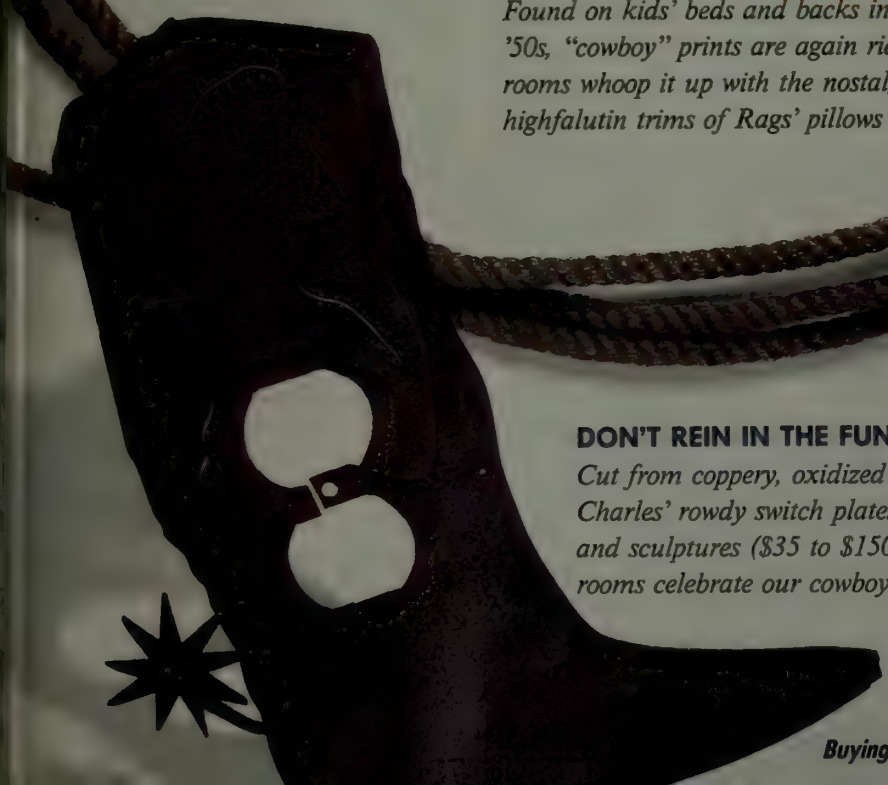
- **Eddie Bauer Home Collection catalog, 800/426-8020**
- **Lady Slipper Designs, Box 556, Rte. 3, Bemidji, MN 56601**
- **Rags, 800/356-9268**
- **Spiegel catalog, 800/345-4500**



BEST-OF-THE-WEST CHEST
Stow your tack in Bassett's not-so-plain pine box—the Lariat chest ($349). The chest is stamped with a geometric molding, a proud brand of the Spanish influence on Western style.



BUCK THE TREND
Found on kids' beds and backs in the '50s, "cowboy" prints are again riding high. Let rooms whoop it up with the nostalgic prints and highfalutin trims of Rags' pillows ($49 to $75).



DON'T REIN IN THE FUN
Cut from coppery, oxidized iron, Patrick Charles' rowdy switch plates, socket covers, and sculptures ($35 to $150) help your rooms celebrate our cowboy culture.



Buying information, page 183.

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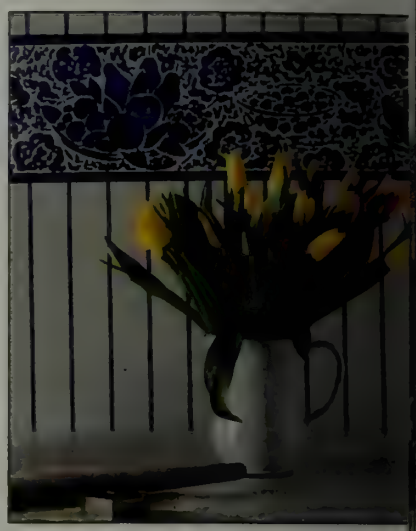
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938HG

DECORATING

BORDER HANGING TIPS



To give a plain wall a striking but inexpensive accent, hang a wall covering borde

PHOTOGRAPH COURTESY OF MARIMEKKO (PENN BORDER)

For an inexpensive splash of co or in a room, hang a wall coveri border at chair-rail or ceiling heig Or, accent architecture, such as an u usual ceiling slant, by lining it with border. Here's how to hang borders

- When hanging a prepasted borc on a wall covering, do not wet t border. Instead, use an adhesive c signed for use over wall coverin such as a vinyl-over-vinyl adhesive.
- Let a wall covering dry for 48 hou before mounting a border on top of
- When hanging prepasted borde on painted walls, prime the wall in t border area with a primer designed help adhesives stick.
- Don't just wet and hang a prepa ed border. To activate the adhesi borders must soak for the amount time specified in the directions, a then they must sit for a few minu before hanging.
- For easier handling, fold a wet p pasted border accordion style (wi out creasing), making sure t adhesive side never touches the fro Have a partner hold the folded e while you position small sections.
- After positioning the border, us sponge to smooth out wrinkles a help the border adhere.

Directions

Directions™

Directions



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Featured in the Midnight finish, the Rake Bed, $415, and Night Stand, $315, accent beautifully the Canvas Tan finish of the Door Chest, $840. Shown at left: Landscape Mirror, $240, and Door Triple Dresser, $840.

SMARTBUYS™ from Broyhill®





Update your den with the fresh look of Direc occasional pieces. The subtle Willow finish of the Entertainment Armoire, $1290, brings out the de green in the Sofa, $915, Chair, $590, and Ottom $240. The Rectangular Cocktail Table, $250, off erous space for after dinner coffee and dessert. Vi Chairside Table, $315, Commode End Table, $2 Sofa Table, $340, in Canvas Tan finish add polis inviting setting.

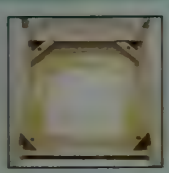
From formal dining to casual meals with fam Directions makes the transition with flair. The F. Table, $775, features a "crumb" drawer and expa leaf. Rake Back Arm Chairs, $240 each, and Rak Side Chairs, $215 each, are as comfortable and st they are stylish. The China, $1565, keeps your se pieces and flatware close at hand. Casters make the Mobile Server, $850, versatile; the Midnight finish makes it a dramatic accent.

SMARTBU
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HE BROYHILL DIFFERENCE

ing Chair Construction: *hill Premier chair seats onstructed with four er blocks which are red with glue and wood s, adding greatly to the gth and durability.*



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Directions™

Directions

Smart and fashionable, Directions is suited for any room in your home and complements styles from contemporary to traditional.

Each piece in the collection is crafted of pine solids and veneers and is lightly distressed for added character. The soft Willow finish blends perfectly with color schemes across the spectrum. The Midnight finish adds drama to any room and either finish combines nicely with Canvas Tan for a look as beautiful and cohesive as it is unique.



Directions also features many functional pieces for display and storage, such as the Entertainment Armoire and the Display Cocktail Table. Combining function for living today with good looks, the Video Chairside Table (right) holds up to 60 VHS tapes. And for a limited time, the Video Chairside Table can be yours FREE with the purchase of any Directions Bedroom* or Dining Room.* To find out more about this offer and see Directions call 1-800-3BROYHILL for the participating retailer in your area.

*Qualifying Bedroom purchase consists of: Headboard, Footboard, Dresser, Mirror and Chest or Entertainment Armoire.
*Qualifying Dining Room purchase consists of: Table, 4 Chairs and China or Entertainment Armoire.



Broyhill offers Directions for comfortable entertaining and casual living. Use the popular Display Cocktail Table, $590, as the centerpiece for your den or informal living room. A felt-lined drawer beneath the glass tabletop allows you to keep a treasured collection where it can be enjoyed every day. The Sofa, $990, Loveseat, $925 and Chair, $615, are shown in a textured, geometric design of muted greens and mauve. This is just one of over 400 fabrics representing different color schemes and textures available for Broyhill upholstered pieces. Commode End Tables, $250 each, and Entertainment Armoire, $1290, complete the setting.



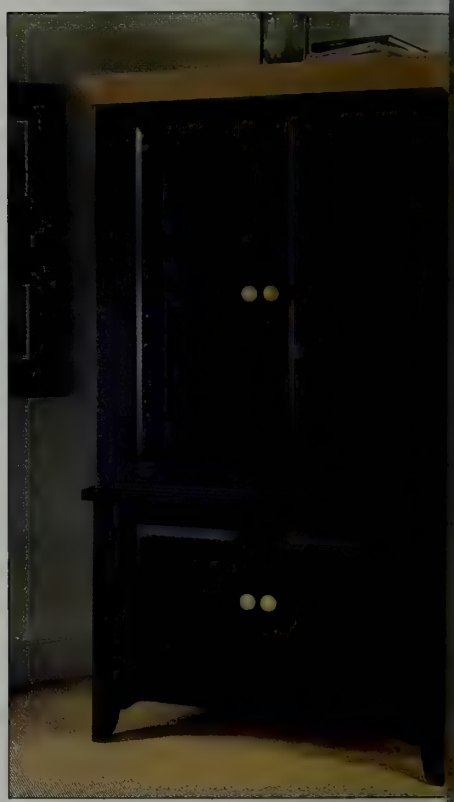


Directions

Direction

Directions

The secret to creating a memorable, li room starts with Directions by Broyhill Premier. Directions allows you to create a that is inviting and comfortable. And the Broyhill name is your assurance that each of furniture is a value you'll treasure for y



Perfectly proportioned for the "eat-in kitchen" this charming Drop Leaf Table, $815, features a distinctive shelf below. In addition to being an interesting design detail the shelf is great for storing cookbooks, platters and tureens. The hard-working China, $1565, does more than showcase your collectibles. It provides the extra storage every small dining area needs and with its special open hutch area is sure to become the message center for an active family. The Windsor Arm Chair, $290 each, and Windsor Side Chairs, $225 each, offer dining comfort along with enduring beauty. Also featured is the Willow Plant Stand, $190.

The Entertainment Armoire, $1290, is av in Canvas Tan, Willow and Midnight. The A is perfect for keeping your TV, VCR, audio c nents, tapes and CD's close at hand but out o Pocket doors and abundant storage are two o extras that make this Armoire a perfect fit t room in your home.

For the participating Broyhill Premier Retailer in your area call:

1-800-3BROYHILL (1-800-327-6944)

Manufacturer's suggested "Smart Buys" prices effective through June 30, 1993. Prices may vary at individual retailers. All items may not be available at all locations. Furniture items may be special ordered.

To receive a full-color Directions brochure call 1-800-3BROYHILL. Price is $3. MasterCard and Visa accepted. Or, send check or money order for $3 to:

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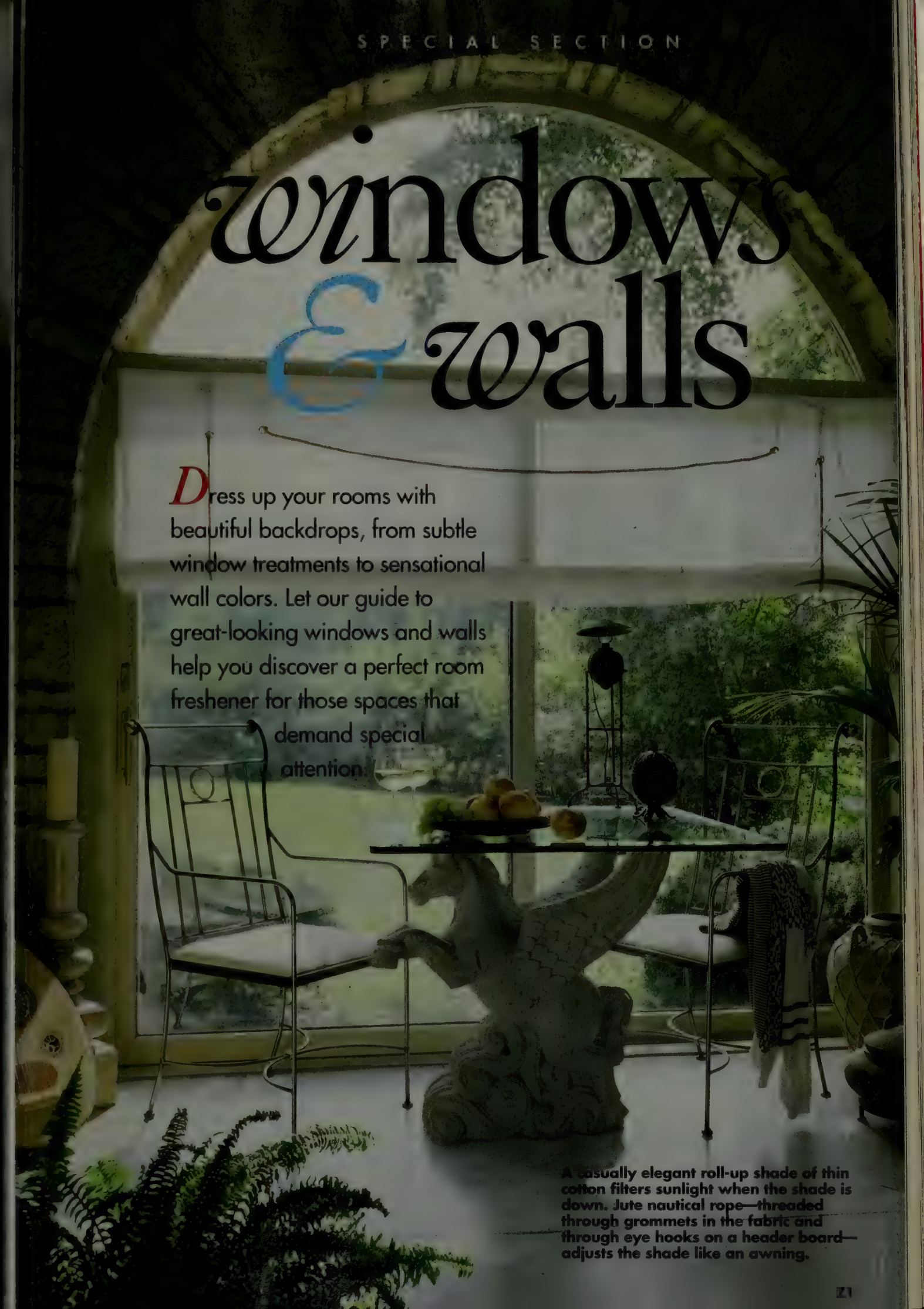
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4 Chairs
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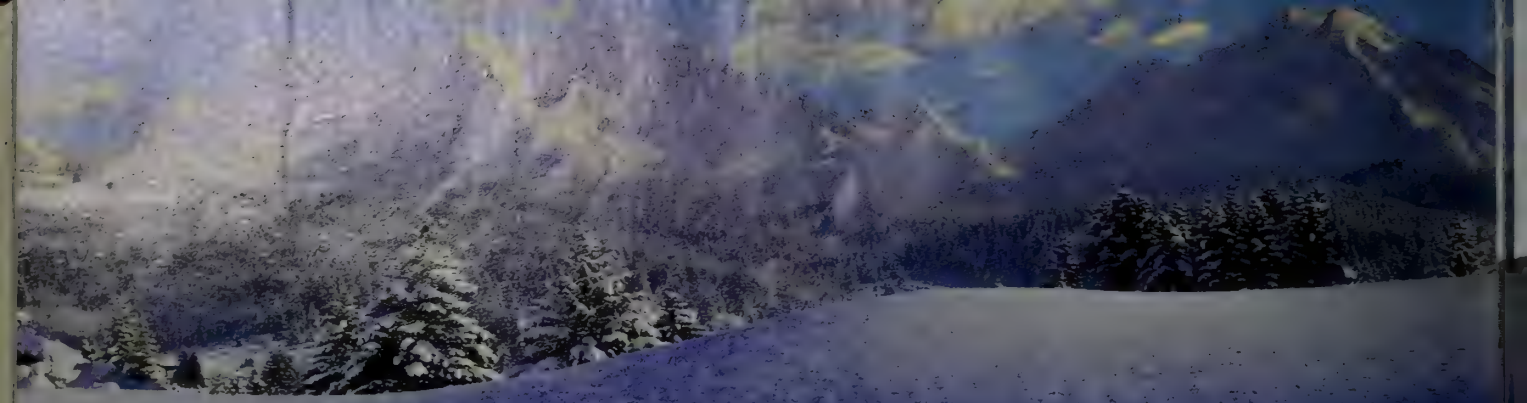
Purchase must be made at a participatin Broyhill retailer. For your nearest Broyh Premier Retailer, Call: 1-800-3BROYHIL Offer good through June 30, 1993.

windows & walls

Dress up your rooms with beautiful backdrops, from subtle window treatments to sensational wall colors. Let our guide to great-looking windows and walls help you discover a perfect room freshener for those spaces that demand special attention.



A casually elegant roll-up shade of thin cotton filters sunlight when the shade is down. Jute nautical rope—threaded through grommets in the fabric and through eye hooks on a header board—adjusts the shade like an awning.



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Sunlight filters through these breezy window treatments for a soft yet elegant touch to a romantic bedroom.

Romancing the Home

You don't need yards and yards of fabric or a multitude of accessories to bring romance to your room. Soft shapes, airy colors, and a relaxed attitude turn the bedrooms here and on *page Z4* into welcoming and comfortable retreats.

Whisked to the side of the window frames as if a breeze just blew in, these cotton sheers intimate spring. Each sheer, just a few inches wider than the window, was softly gathered and stapled to the top of a header board that is screwed into the window frame. One side of the treatment is pulled back and permanently attached to the window frame with an antique button that's wired to a drapery tieback. Tucked discreetly under the header board, pleated shades provide privacy and light control.

The walls get their soft, whispery effect from a sponge-on, sponge-off painting technique. Two natural sea sponges—one dipped in cream paint and the other dipped in water—were used to simultaneously put on and take off color over a taupe base coat.

continued on page Z4

windows & walls

continued from page Z 3

Coax romance from a boxy, sterile bedroom by bringing in flowery colors and soft textures. The owners of this once uninviting space brought charm to the room with a subtle mix of patterns and prints.

The wall covering, which mimics sponge painting, warms and softens the backdrop. Swags, tossed like shawls over painted curtain rods, bring a nostalgic pattern mix to the windows. Showing a hint of the pin-striped lining, the treatment is made from three pieces of fabric (one for the swag and one for each jabot) that are individually pleated and stapled to the top of the wood curtain rods. Underneath, white shutters provide privacy and light control with cottage-fresh character.

continued on page Z 6



Even boxy rooms look soft and romantic when floral swags bring elegance to standard double-hung windows.

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THE BOLD LOOK OF **KOHLER®**
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© 1992 by Kohler Co.

continued from page Z 4

Getting Comfortable with Color

In a cozy room, keep your walls in sync by washing them with color and texture. Here, squashy chairs and garden views receive a comfortable wrap of leafy green. The fresh, natural color helps enhance the room's English cottage library look. The soft wash of color gives the space a more intimate and embracing attitude than a white backdrop could provide.

To find favorite hues, look in your closet, at beloved works of art, at fabrics you like, or out the window.

This room's coat of celery green brings fresh spring color to the room year-round. A painting technique called dragging keeps the green-painted paneling toned down by allowing a parchment undercoat to peek through.

To achieve this look, mix equal parts semigloss alkyd paint and mineral spirits to thin the paint. Alkyd (oil-base) paints are easier to work with because they dry more slowly than latex. However, be sure to read the paint label for safety precautions, and adequately ventilate your work area by opening windows when painting with alkyds. Working in two-foot-wide segments, paint the wall; then, drag a piece of muslin across the wet surface. For the best results, apply the paint in a thin coat. Paint the darker of your colors over a paler base coat.

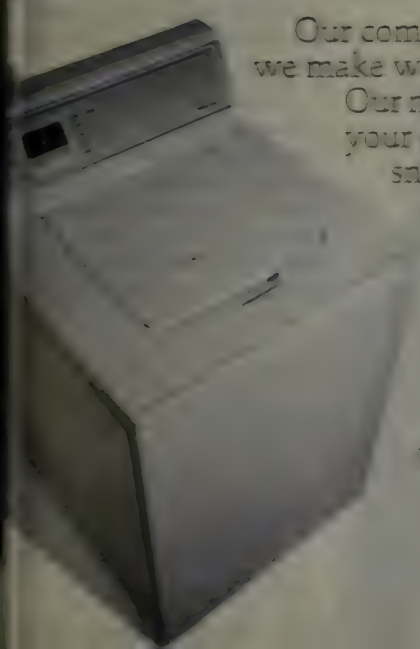
continued on page Z 8



Spring green, inspired by fresh garden views, wraps the room in a lively, comfortable hue.



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Now, if all those other washers last so long, why aren't their warranties as long as Amana's? Or as strong? No one else offers full coverage on parts, labor, and travel for as long as Amana. Ask your retailer for details.

Now that you know what you've been missing, why not pick an Amana next time? Next time pick your clothes carefully too. You could be wearing them a lot longer.

To learn more, call 1-800-843-0304.

WHAT YOU'VE BEEN MISSING **Amana**

A **Raytheon** Company

SPECIAL SECTION

windows & walls

continued from page Z 6

Treatments They Deserve

New looks for windows



Draw attention to a beautiful window with sophisticated broad-width stripes. This fabric panel, softly gathered with wide aqua ribbons, creates an elegant stationary treatment. The softly textured look of the Pietra wall covering quiets the stripes, and the architectural border brings a classic tone to the combo. Adrienne Vittadini Wall Covering and Decorative Fabric collection for Gramercy is available at F. Schumacher & Co. showrooms and at wall covering stores. Call 800/552-9255 for a local retailer.



Looking for a soft fabric treatment with a tailored look? Graber's new Cascade fabric shades have folds of fabric that hang uniformly as you raise and lower the shades. Buy coordinating yardage to create custom swags or window toppers. Shown here in a high-sheen coral fabric, Cascade also comes in sheer, moiré, or a lightly textured fabric. Write: Springs Window Fashions Division, Inc., 7549 Graber Rd., Middleton, WI 53562; or, call 800/356-9102.





Hang the same pattern in your window that you hang on the walls with Choices by Verosol blinds and wall coverings. Sixty-six different wall coverings (pattern No. 359-3002H shown) can be laminated onto either 2-inch horizontal or 3½-inch vertical aluminum blinds. Top the blinds with one of four nice styles. For more information write Verosol USA, Inc., P.O. Box 517, Pittsburgh, PA 15230; or, call 800 VEROSOL.



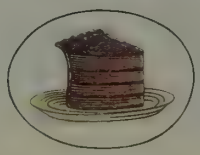
Get the privacy and light control of blinds, the softness and light-filtering qualities of sheers, and the insulative boost of pleated shades with Silhouette Window Shadings by Hunter Douglas. For more information, contact Hunter Douglas Window Fashions Division, One Duette Way, Broomfield, CO 80020; or, call 800/22STYLE

continued on page Z 1

PURINA

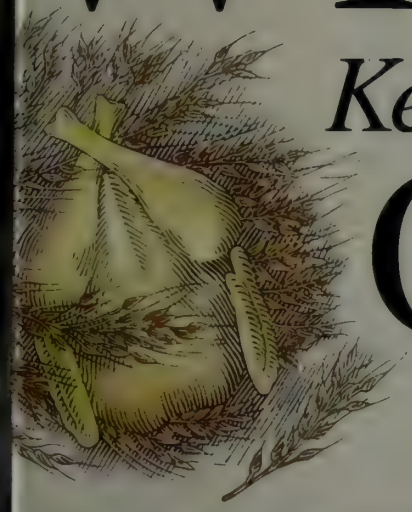
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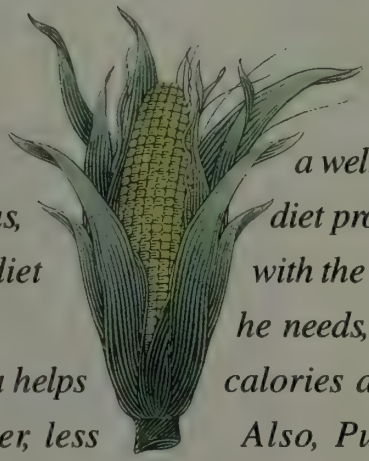
For Dogs Who Need To Keep Their Eating Habits On A Leash."

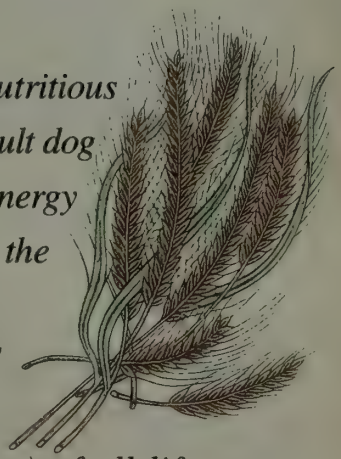




—Robert Urich



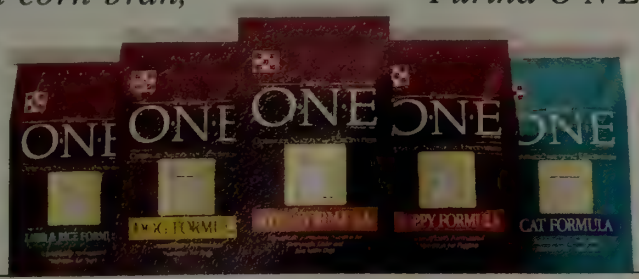




How do you help your dog maintain healthy weight but still eat nutritious, ell-balanced meals? Put him on a diet Purina O·N·E Lite Formula.

A diet of Purina O·N·E Lite Formula helps erweight dogs slim down, and older, less tive dogs maintain proper weight, while still oviding 100% complete nutrition. With gredients like corn and corn bran, oultry by-product meal, ce, wheat, and real chick- , Purina O·N·E Lite is a well-balanced, nutritious diet providing an adult dog with the protein and energy he needs, even though the calories are reduced.

Also, Purina O·N·E makes other quality formulas for dogs (and cats) of all life stages. Purina O·N·E® brand Lite Formula. It's formulated to taste great, so your dog will never know what he's missing.



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A curtained doorway creates a transition between this colorful study and less outspoken rooms.

rods attached to the molding. These cotton duck draperies help ease the transition from more subdued rooms into this colorful hideaway. Tied back with large tassels so they're always open, the curtains beckon to passersby while adding intrigue to the faintly Far Eastern allure of the study.

Photographs: Jessie Walker. Design: Jean Goss

Bold colors don't look brash in rooms where furniture and accessories keep quiet with neutral hues.

SPECIAL SECTION

windows & walls

continued from page Z 8

Room Brightener

Take bold steps in even the tiniest of rooms when your space needs an invigorating boost of color. Afraid that bright hues will overwhelm a small room? Mix in neutrals for their calming influence. The off-white and earthy-colored furnishings, carpet, and woodwork temper the raspberry pink wall covering in this small den (*right*).

For an interesting and dramatic port of entry at your doorway, hang soft portieres from





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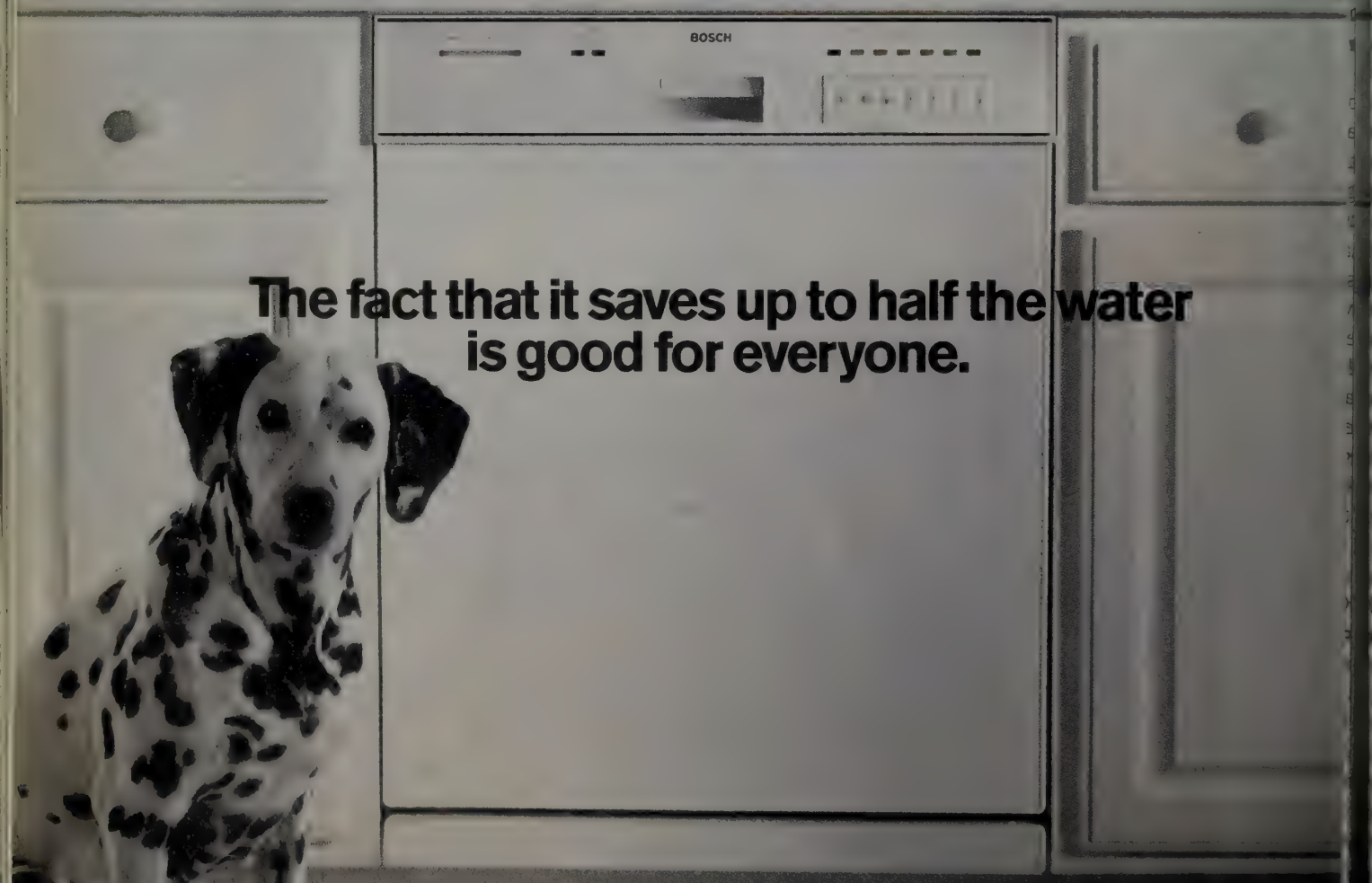
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The fact that a Bosch dishwasher is eight times quieter is good for you.





The fact that it saves up to half the water is good for everyone.

With everything it has to offer, it's no wonder the Bosch dishwasher was named a "Best Buy" by *Consumers Digest.* Not only is it eight times quieter than other dishwashers, it also saves up to half the water.*

It's this kind of superior performance and affordable price that has made it an outstanding value. And the more you learn about Bosch dishwashers, the more impressive they become. For example, they come with a stainless steel interior that's guaranteed for 25 years. It's these features and more that have made Bosch dishwashers a good choice for everyone, including *Consumers Digest.*

To get a demonstration, call 1-800-866-2022 for a Bosch dealer near you.

*Based on comparisons with leading domestic models [illegible] laboratory, January 1993. Bosch tested at 2.4 gals, compared [illegible] 8.0 to 12.3 gal. Data furnished upon request.

BOSC

A New Line of Thinking from Eur

DECORATING Q & A
Answers to your questions

ADJUSTING TO A SMALLER HOME

Q *I am moving to a new apartment with half the square footage of my present home. Please give me some ideas for making it seem spacious.*

A You may be moving down in space, but you could be moving up to a surprisingly relaxed and easy life in your new home. Here's the basic rule for small spaces: Keep them simple and light. Dark colors and wild patterns seem to swallow up space.

Quiet the walls. Off-white and pastel paints or lightly textured and softly patterned wall coverings will keep your walls at bay. Avoid boisterous, commanding prints.

Lighten furniture weight. Although you may anchor a living room with a favorite old sofa, use lightweight and light-*hearted* furnishings. Wicker chairs padded with patterned cushions, for example, won't take up much actual or visual space—and they'll bring summer verandas to mind. Similarly, set up a café table and chairs for Riviera-style dining.

Slim down window coverings. Heavy draperies gobble space. Check out shades or blinds for simplicity and space-expanding lines. For windows that seem too small, "enlarge" them by hanging blinds all the way to the floor and stretching them as wide and as high as you like.

Why walls were really invented.



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MIRROR, MIRROR . . .

Q *There's a big mistake in our new home: we have a big window over the bathroom sink where a mirror should be and no wall space for a large mirror. What should we do?*

A First, add up the types of mirror needs your family has. Do you need a mirror for makeup, your husband for shaving, and the children for hair combing? Do you need one to check a full-length reflection? What are the heights of family members who will use a mirror?

You may need a combination of several mirrors. We'd suggest a full-length mirror on the back of the bathroom door and a retractable swing-arm mirror that pulls out from the wall for shaving and makeup. Or, how about a well-lit easel mirror on the sink counter or even mirror tile around the window? After you determine your needs, check catalogs and stores for different mirrors.

We can't answer every question here, but we do answer all letters. If you have a decorating question, write DECORATING Q & A, Better Homes and Gardens®, Dept. ID, Des Moines, IA 50336. Materials can't be returned.



“牛肉 晚餐最佳選擇”

Which certainly says a mouthful. After all, a nice beef dinner sounds like a real good idea in any language. And just because your busy day leaves little time to cook, doesn't mean that you and your family have to settle for anything less.

© 1993 Beef Industry Council and Beef I

SZECHWAN BEEF STIR FRY – 30 MINUTES

- 1-lb beef flank steak
- 2 Tbsp reduced-sodium soy sauce
- 4 tsp Oriental dark roasted sesame oil, divided
- 1½ tsp sugar
- 1 tsp cornstarch
- 2 cloves garlic, crushed
- 1 Tbsp minced fresh ginger
- ¼ tsp crushed red pepper pods
- 1 small red bell pepper, cut into 1-inch pieces
- 1 package (8 oz) frozen baby corn, defrosted
- ¼ lb pea pods, julienned

Cut beef steak lengthwise into 2 strips; slice across the grain into ⅛-inch thick strips. Combine soy sauce, 2 tsp oil, sugar and cornstarch; stir into strips. Heat remaining 2 tsp oil in large skillet over medium-high heat. Add garlic, ginger and pepper pods; cook 30 seconds. Add bell pepper and corn; stir-fry 1½ minutes. Add pea pods; stir-fry 30 seconds. Remove vegetables from the skillet; reserve. Stir-fry beef strips (half at a time) 2 to 3 minutes. Return vegetables and beef to skillet and heat through. Four servings. (Serving suggestion: Hot cooked white rice.)

Armed, for inst with this simple re a few ingredients a single wok or fryin you can put togeth delicious dinner as as 壹…貳…叁.

BEEF

IT'S WHAT'S FOR D





Gather a gang of your favorite cowpokes any night of the week for a heapin' helping of zesty beef barbecue.

western *BBQ*

by Lisa Holderness

celebrate *summer*

your guide to backyard gatherings

Let a sunlit garden be your setting for fancier affairs, including weddings, showers, and graduation parties. The planning is easy with our tips and more than 15 fabulous recipes.

country *garden party*





Buying information, see page 183.

Photographs: Dennis Skinner. Food stylist: Mable Hoffman. Prop stylist: Robin Tucker



celebrate summer

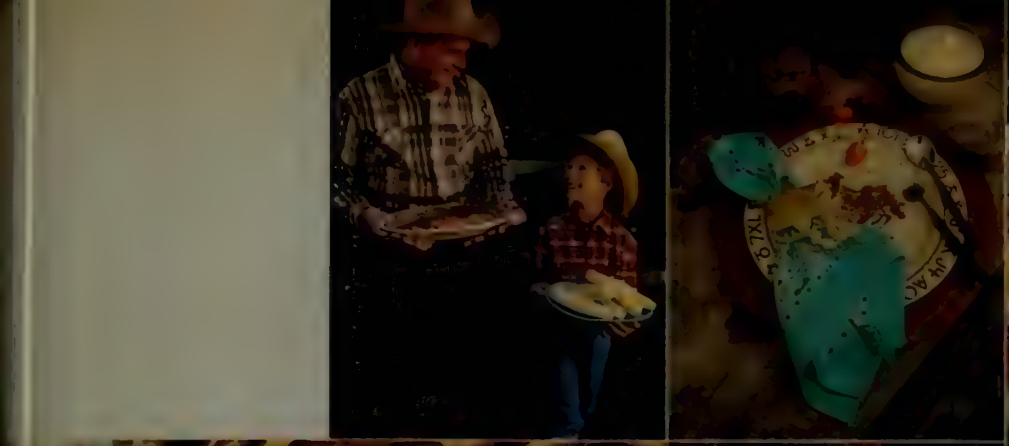
western BBQ

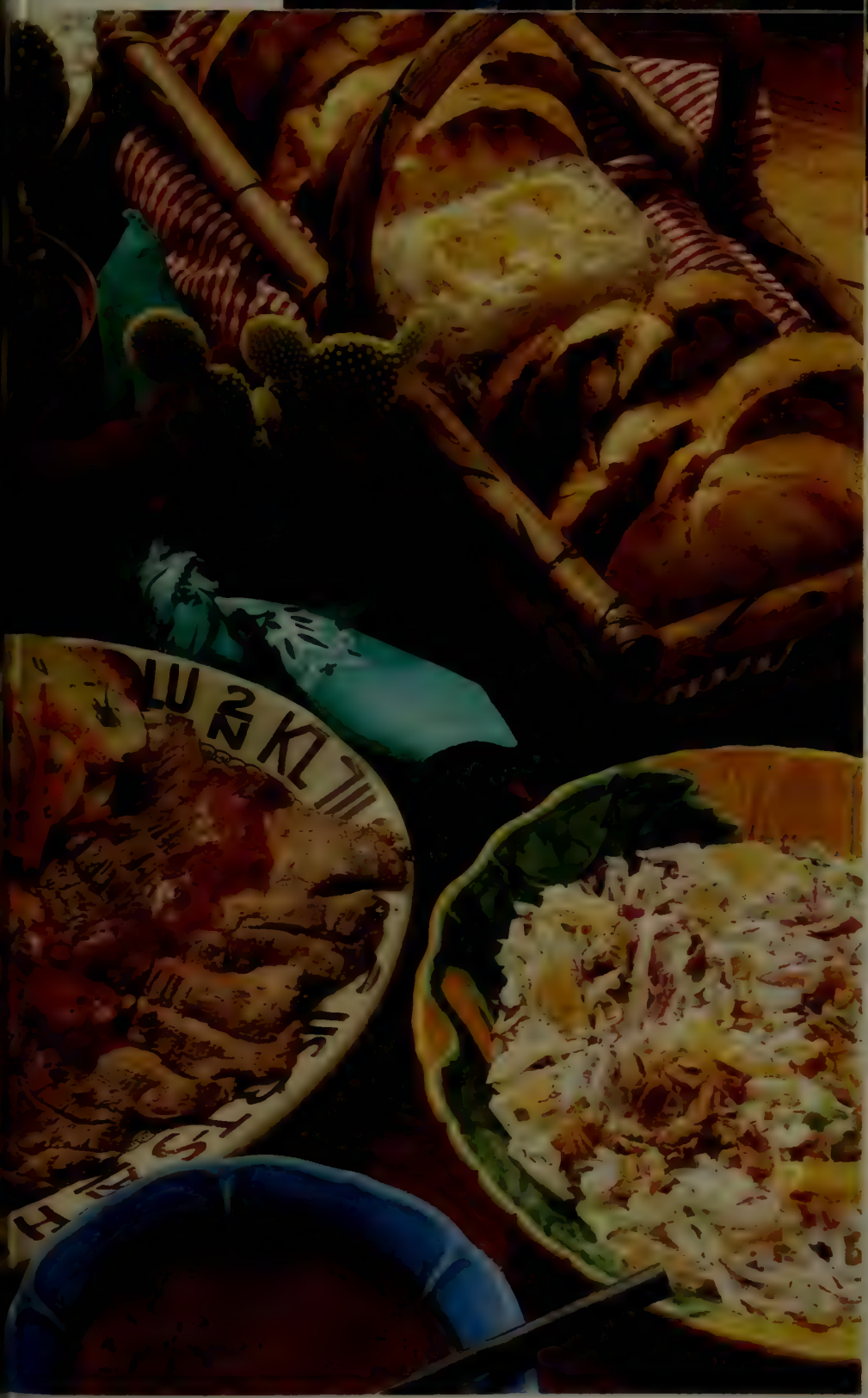


Round up family and friends for a wild-West chuck-wagon dinner. With your backyard as your prairie and our Texas-style menu for the grub, create a finger-lickin' cookout, complete with sizzling steak, zesty beans, and all the trimmings. Because more than half the recipes are grilled, even the cooks get to join in the outdoor fun. The other dishes can be made ahead, leaving plenty of time for horsin' around. To capture the spirit of the West, dress the part with cowboy boots, shirts, and hats. Decorate the table with cactus centerpieces and use bandannas for napkins.











Menu

TEXAS BARBECUE BEEF
with SOPPIN' SAUCE

Texans love fiery Soppin' Sauce almost as much as they do their beef.

COWBOY BEANS

For this wrangler's special, simmer pinto beans with molasses, chilies, and beer.

HOBO VEGETABLES

Vegetables steam quickly on the grill in a foil knapsack--no peeking!

CORN ON THE COB

For outdoor appetites, include a big platter of summer sweet corn.

SUMMER SLAW

Toss together this fruit-and-nut slaw in minutes with preshredded coleslaw mix.

TEXAS TOAST

Grill thick slices of sourdough bread for this Lone Star favorite.

STRAWBERRY-FUDGE MUD PIE

Lasso a piece of ice-cream pie, layered with lots of chocolate goodness, for dessert.

Recipes begin on page 146

country garden party

When the family gathers for a dressier occasion, it's the little extras that make the day memorable. With our help, planning your celebration can be almost as much fun as the party itself. Choose from 10 appetizer and dessert recipes to create a menu that fits your party size and theme. Each recipe is designed for busy hosts (and can stand up to the midday sun). With your freshly trimmed yard as the setting, fill in with a few finishing touches from the Country Garden Party Tips on *page 142*. For a closer look at the appetizers pictured here, turn the page.













APPETIZERS

Menu

CONFETTI VEGETABLE TERRINE

Combine the richness of cheesecake with a sprinkling of vegetables in this savory, make-ahead spread.

GRILLED SEAFOOD PLATTER

The aroma of succulent shrimp, scallops, and salmon on the grill will draw guests in search of a sample.

BITE-SIZE HERB BISCUITS

Stuff mini biscuits with a variety of fillings. Party-goers love 'em because they're easy to eat and taste so delicious.

EASY ANTIPASTO SAMPLER

Start with Italian Caponata and Herbed Goat Cheese, then fill in with favorite fruits, bread, and tomatoes.

Recipes begin on page 152.



Bite-Size Herb Biscuits



Confetti Vegetable Platter



Easy Antipasto Platter





country garden party

The secret to enjoying your party is good planning and a menu that doesn't wear you out. To give you a jump-start on the food, each of these recipes offers make-ahead steps. ● A week before the party, bake and freeze Bite-Size Herb Biscuits. ● The day before, prepare the caponata and cheese log for the Easy Antipasto Sampler; bake the Confetti Vegetable Terrine; and make the sauces for the Grilled Seafood Platter. ● The day of the party, put the finishing touches on the food. ● For the seafood platter, prepare the seafood and vegetables, so that during the party, you and your guests can grill them at your leisure. *Recipes begin on page 152.*



GRILLED SEAFOOD PLATTER



celebrate summer

country garden party

Vibrant fresh fruits and flowers take center stage at th dessert table. With platters full of sweet miniature guests can sample a bite of everything, from peacl and blueberry-filled pastries to brownie cups an dipped strawberries. And, don't forget a spoonful sumptuous summer-fruit trifle.



DESSERTS

Menu

Devonshire Cream Trifle

Layer this gorgeous fruit, cake, and cream dessert the day before your party.

Fudge Brownie Tarts

You're in for a delicious dose of dense, rich chocolate with these little nuggets.

Miniature Almond Cakes

Use cookie cutters to shape these cakes, then decorate with frosting, berries, and nuts.

Strawberry Daiquiri Punch

Mix pitchers of both the rum and non-alcoholic versions of this refreshing punch.

Chocolate-Dipped Berries

Take advantage of one of summer's most delicious gifts-- juicy, ruby-red berries.

Queen of Heart Pastries

Elegant, and easy too; these hearts start with purchased puff pastry.

Recipes begin on page 164.



country garden party *tips*

FOR A SPECIAL OUTDOOR GATHERING, take advantage of nature's gifts. Complement your fresh-air setting with clipped flowers and greens from your garden or the farmer's market. **MAKE YOUR OWN FLOWER ARRANGEMENTS** in inexpensive clay pots. For masses of color everywhere, arrange fresh-cut flowers in assorted sizes and shapes of clay pots. To fill the clay pots with flowers, place a wet piece of flower foam (available at flower shops) in the bottom of each pot. The moistened foam will hold flowers and greenery in place when arranged and will supply water for the flowers. **MIX AND MATCH TABLECLOTHS.** Combine coordinating patterns and fabrics, such as flower patterns, pastel stripes, and lace, for a casual, yet elegant, look. Colorful bed sheets or quilts that you have on hand make inexpensive substitutes for tablecloths. **TIE TOGETHER HANDY BUNDLES OF FLATWARE AND NAPKINS.** These pairs are easy to pick up from a buffet line. Tie a piece of plastic or silk ivy around flatware and a napkin, allowing the napkin to lie flat. (Do not use real English ivy because it can be poisonous.) **VARY THE SERVING PIECES AND TABLEWARE.** Don't worry about matching all of your plates and platters. An assortment of patterns and colors actually adds interest to your party table. **TURN PRESENTS INTO DECORATIONS.** If gifts are a part of your celebration, put them on display. Instead of wrapping paper, try colored netting or fabric remnants. For recycled wrap cut up brown paper grocery bags, crumbling them for more texture. Decorate the unprinted sides with pastel-colored, quick-drying paint. Or, skip the wrap and decorate cardboard, metal, or wooden boxes with flowers, greenery, paint designs, or bows made from bendable ribbon.





continued on page 14

Buying information, page 183.

When you're cooking your best, nothing tastes better than real butter.

Pure, natural, great-tasting butter...its natural quality and great taste enhance any meal. When you're cooking your best, nothing makes it more special than the fresh, great taste of real dairy butter.

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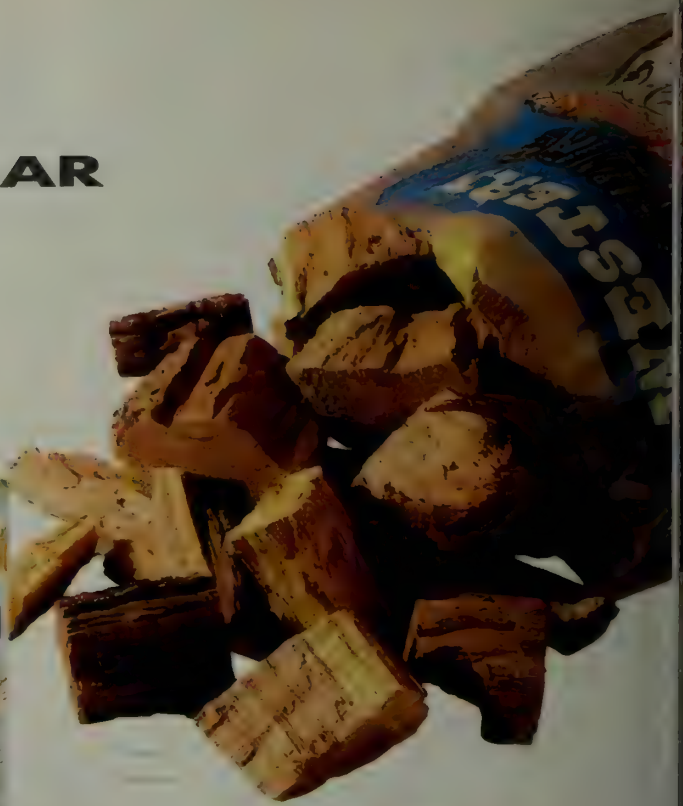
GREAT GRILLING GEAR FOR COOKOUTS

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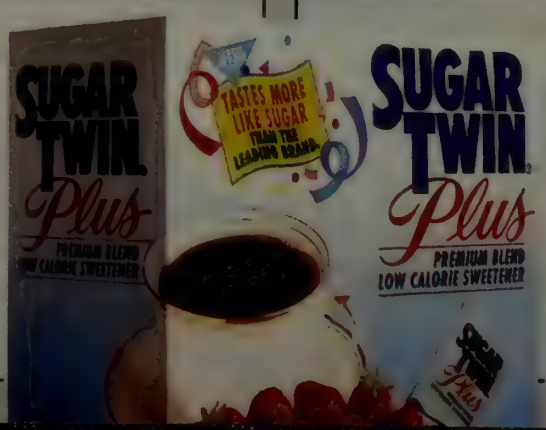
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NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

EVERY RECIPE ANALYZED

With each recipe, we give nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein will help you keep tabs on what you eat. Also, check the levels per serving of vitamin A, vitamin C, calcium, and iron. These are noted in percentages of Daily Value. The Daily Values are dietary standards determined by the Food and Drug Administration.

HOW WE ANALYZE

We omit optional ingredients.

The analysis is calculated using two percent milk unless otherwise specified in the ingredients.

When ingredient choices appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one over the other.

We use the first serving size listed when a range is given.

WHAT YOU NEED

Use our analysis to chart the nutrition value of the foods you eat. The dietary guidelines below suggest the levels of nutrients that moderately active adults should strive for each day:

Calories: About 2,000
Fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary Fiber: 20 to 30 grams

There's no real harm in going over or under these guidelines in any single day, but aim for a balanced diet.

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CELEBRATE SUMMER RECIPES

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WESTERN BBQ
TEXAS BARBECUE BEEF

The brush-on sauce flavors and moistens the meat while grilling. The Soppin' Sauce is a second dose of zesty taste—

- **¼ cup Worcestershire sauce**
- **3 Tbsp. vinegar**
- **1 tsp. ground cumin**
- **1 tsp. dry mustard**
- **½ tsp. bottled hot pepper sauce**
- **¼ tsp. ground cinnamon**
- **1 1½-lb. beef flank *or* round steak, cut about ¾ inch thick**
- **1 recipe Hobo Vegetables (see recipe, *page 148*) (optional)**
- **Red jalapeño peppers (optional)**
- **Fresh cilantro sprigs (optional)**
- **1 recipe Soppin' Sauce *or* purchased barbecue sauce**

● **For brush-on sauce,** in a small bowl combine Worcestershire sauce, vinegar, cumin, dry mustard, hot pepper sauce, and cinnamon.

● **For direct grilling, place** the meat on an uncovered grill directly over *medium* coals. Brush *some* of the brush-on sauce over the meat. Grill meat for 12 to 14 minutes for medium doneness or longer for desired doneness, turning once and brushing frequently with brush-on sauce.

● **Or, for indirect grilling,** in a covered grill arrange *medium-hot* coals around a drip pan. Place steak on the grill rack over the drip pan. Brush *some* of the brush-on sauce over the meat. Cover and grill over *medium* heat for 18 to 22 minutes or till desired doneness, turning once and brushing frequently with brush-on sauce.

● **Remove meat from the grill** and allow meat to stand, covered loosely with foil, about 10 minutes for easier carving. Thinly slice the meat across the grain. Arrange on platter with Hobo Vegetables, if desired. Garnish with red jalapeño peppers and fresh cilantro. Serve with Soppin' Sauce. Makes 6 main-dish servings.

Soppin' Sauce: In a small saucepan combine ½ cup *catsup;* ¼ cup *water;* 2 tablespoons finely chopped *onion;* 2 tablespoons *apple jelly;* 1 tablespoon *vinegar;* 1 tablespoon *Worcestershire sauce;* 1 *jalapeño pepper,* finely chopped; and ⅛ teaspoon *salt.*

On the grill or stove top, bring the sauce to boiling. (If grilling, bring sauce to boiling over direct heat, then place over indirect heat to simmer.) Simmer, uncovered, about 15 minutes or to desired consistency. To make ahead, prepare sauce, then cover and chill for up to 2 days. Before serving, heat through. Makes about 1 cup.

Nutrition facts per serving with Soppin' Sauce: *220 cal., 8 g total fat (3 g sat. fat), 53 mg chol., 475 mg sodium, 14 g carbo., 0 g fiber, 23 g pro. Daily Value: 7% vit. A, 56% vit. C, 4% calcium, 24% iron.*

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CELEBRATE SUMMER RECIPES

continued from page 146

COWBOY BEANS

- **2 15-oz. cans pinto beans, rinsed and drained**
- **¾ cup beer or water**
- **½ cup finely chopped onion**
- **½ cup coarsely chopped ham or crumbled, crisp-cooked bacon (4 to 5 slices)**
- **1 4-oz. can diced green chili peppers**
- **⅓ cup molasses**
- **¼ cup catsup**
- **1 Tbsp. chili powder**

● **In a 1½-quart casserole** or bean pot combine beans, beer or water, onion, ham or bacon, *undrained* chili peppers, molasses, catsup, and chili powder. Stir to mix thoroughly*.

● **Bake, uncovered, in a 350° oven** for 1 to 1½ hours or till desired consistency, stirring occasionally. Makes 6 to 8 side-dish servings.

***To make ahead:** Combine ingredients as directed. Cover and chill till cooking time, up to 24 hours.

Nutrition facts per serving: 216 cal., 1 g total fat (0 g sat. fat), 6 mg chol., 818 mg sodium, 41 g carbo., 8 g fiber, and 12 g pro. Daily Value: 14% vit. A, 17% vit. C, 6% calcium, 17% iron.

HOBO VEGETABLES

Kids like eating vegetables from their own foil packets. Cool the packets slightly and open them carefully to avoid any hot steam burns—

- **4 medium potatoes, thinly sliced**
- **2 medium red onions, cut into thin wedges**
- **2 medium carrots, cut into julienne strips**
- **¼ cup margarine or butter, melted**
- **1 clove garlic, minced**
- **½ tsp. salt**
- **¼ tsp. pepper**
- **2 Tbsp. snipped parsley (optional)**

● **Cut six 18x12-inch pieces** heavy foil. Divide potatoes, onions, and carrots evenly among pieces of foil, placing vegetables in center of each piece.

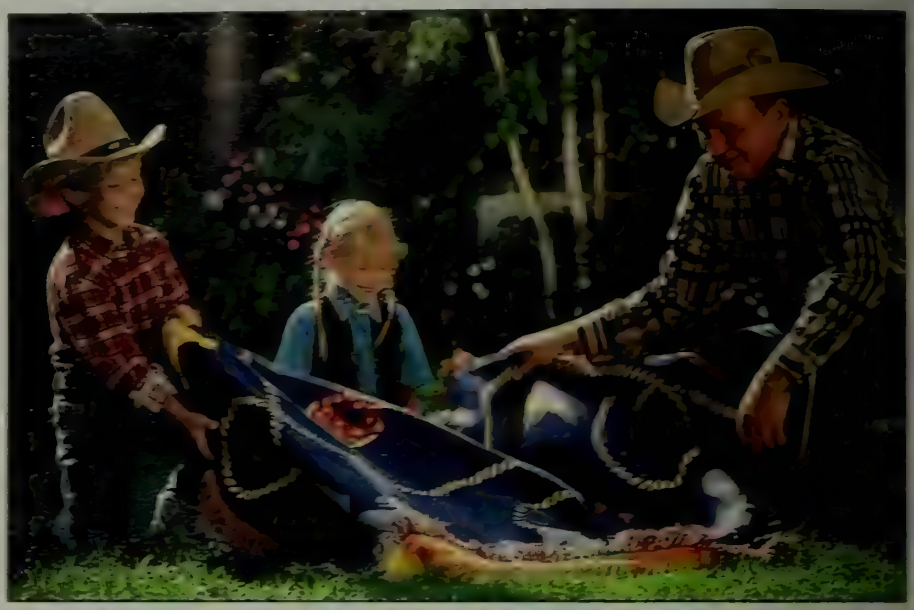
● **In a small bowl stir together** margarine or butter, garlic, salt, and pepper. Brush mixture over vegetables in each packet, using all of the mixture. Bring up long sides of foil and, leaving space for steam, seal tightly with a double fold. Fold short ends to seal.

● **Grill foil packets,** on an uncovered grill, directly over *medium* coals for 25 minutes or till vegetables are tender, turning packets over half way through. Serve in the foil packets or transfer the vegetables to a serving platter. Sprinkle with parsley, if desired. Makes 6 side-dish servings.

TEXAS TOAST

When the Hobo Vegetables come off the grill, place thick slices of sourdough bread over the hot coals to toast. Serve the bread with honey-citrus butter—

- **1 1-lb. loaf sourdough bread**
- **¼ cup margarine or butter**
- **2 Tbsp. honey**
- **1 tsp. finely shredded lemon or orange peel**
- **⅛ tsp. ground cinnamon**
- **Finely shredded lemon or orange peel (optional)**



Western barbecue also makes a fun picnic meal. Just spread a blanket atop the cool grass and grab a plateful of food.

● **Cut bread** into 1-inch-thick slices; set aside.

● **For honey-citrus butter,** in a small mixer bowl beat margarine or butter till fluffy. Beat in honey, the 1 teaspoon finely shredded lemon or orange peel, and ground cinnamon till combined. Transfer honey-citrus butter to a small serving dish. Sprinkle with additional lemon or orange peel, if desired.

● **Grill bread slices,** on an uncovered grill, directly over *medium* coals for 1 to 2 minutes or till golden. Turn and grill other side for 1 to 2 minutes or till golden. Serve warm with honey butter. Makes 16 slices.

Nutrition facts per slice: 114 cal., 3 g total fat (1 g sat. fat), 0 mg chol., 201 mg sodium, 19 g carbo., 0 g fiber, 3 g pro. Daily Value: 4% vit. A, 0% vit. C, 0% calcium, 5% iron.

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CORN ON THE COB

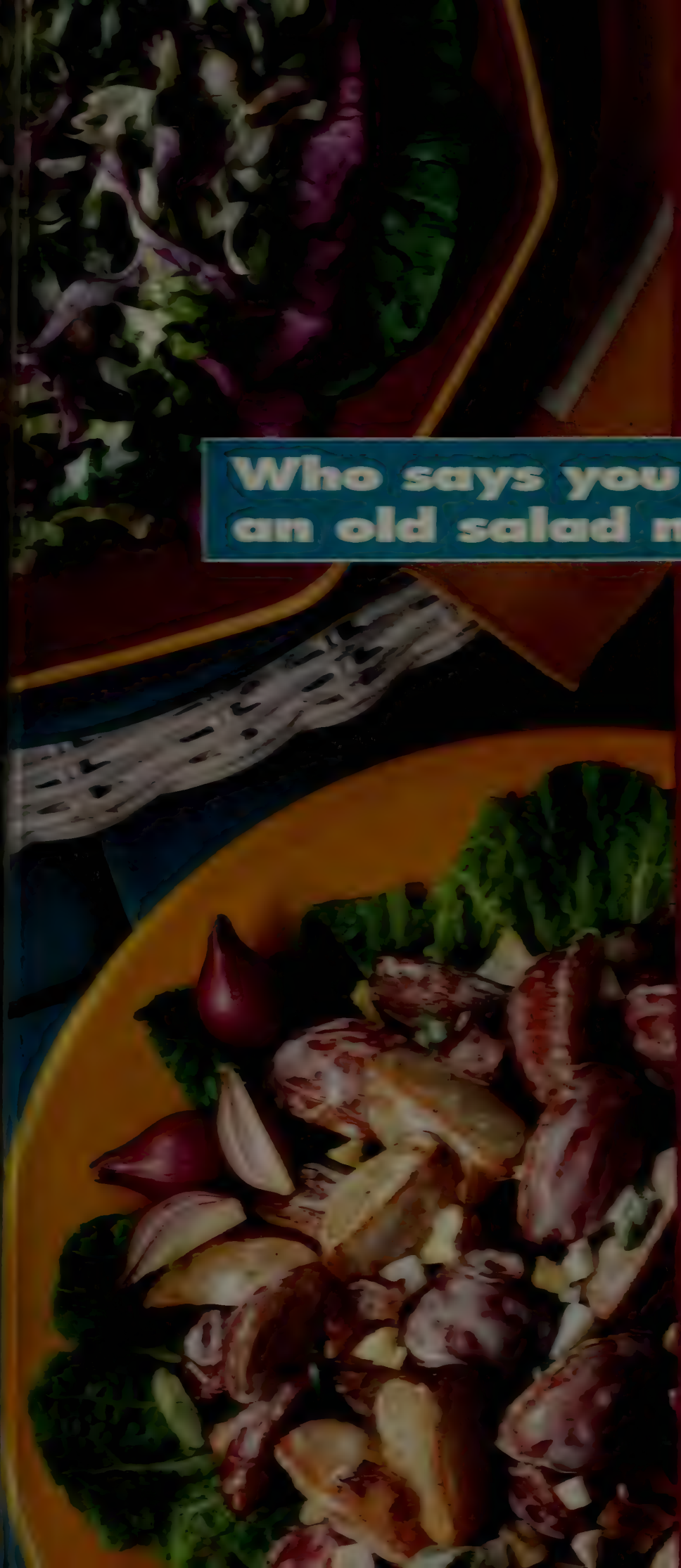
Cook the sweet corn indoors, leaving room on the grill for the beef, vegetables, and bread—

- **6 to 8 fresh ears of corn**
- **2 to 3 Tbsp. margarine or butter, softened**

● **Remove the husks and silks** from the corn; scrub with a stiff brush to remove all silks. Rinse.

● **In a Dutch oven cook corn,** covered, in a small amount of lightly salted boiling water for 5 to 7 minutes or till tender. Transfer corn to a serving platter. Brush corn with margarine or butter. Serve hot. Makes 6 to 8 side-dish servings.

Nutrition facts per serving: 117 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 58 mg sodium, 19 g carbo., 7 g fiber, 3 g pro. Daily Value: 6% vit. A, 5% vit. C.



CRISPY BACON COLESLAW

½ c. MIRACLE WHIP or MIRACLE WHIP LIGHT Dressing
2 tbs. sugar
4 c. shredded green cabbage
1 c. shredded red cabbage
½ c. chopped peanuts
4 slices OSCAR MAYER Bacon, crisply cooked, crumbled

Mix dressing and sugar in large bowl. Add remaining ingredients; mix lightly. Refrigerate. Makes 10 servings.
Variation: Add ½ c. shredded carrots.

Who says you can't teach an old salad new tricks.

ROASTED POTATO SALAD

2 c. quartered unpeeled small red potatoes
½ c. MIRACLE WHIP or MIRACLE WHIP LIGHT Dressing
4 slices OSCAR MAYER Bacon, chopped, crisply cooked
2 hard-cooked eggs, chopped
¼ c. sliced green onions
½ tsp. salt
¼ tsp. pepper

Heat oven to 425°F. Place potatoes on a 15x10x1-inch baking pan sprayed with no stick cooking spray. Bake 30 to 35 minutes, or until potatoes are tender and golden brown, stirring once. Mix dressing, bacon, eggs, onions, salt and pepper in large bowl. Add potatoes; mix lightly. Serve warm or chilled. Makes 6 servings.

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CELEBRATE SUMMER RECIPES

continued from page 148



One of the best things about a family barbecue is the chance to relax and enjoy each other's company.

SUMMER SLAW

For a lighter salad, use reduced-calorie or fat-free salad dressing—

- **½ of a 16-oz. pkg. preshredded coleslaw mix (about 4 cups)**
- **1 medium orange, peeled, sliced, and quartered, *or* 1 small red sweet pepper, seeded and cut into bite-size pieces**
- **½ of a jicama, peeled and cut into julienne strips (1½ cups)**
- **⅔ cup creamy cucumber, creamy Italian, buttermilk ranch salad dressing, *or* coleslaw dressing**
- **⅓ cup toasted pecan pieces**

● **In a large bowl combine** coleslaw mix, orange or pepper, and jicama.

● **Pour dressing** over coleslaw mixture and toss to coat. Cover and chill for 1 to 24 hours. Stir in pecans before serving. Makes 6 side-dish servings.

Nutrition facts per serving: *200 cal., 18 g total fat (2 g sat. fat), 0 mg chol., 349 mg sodium, 11 g carbo., 2 g fiber, 2 g pro. Daily Value: 49% vit. A, 52% vit. C, 3% calcium, 5% iron.*

STRAWBERRY-FUDGE MUD PIE

For a lighter version, use chocolate and strawberry low-fat or fat-free frozen desserts and skip the whipped cream—

- **1½ cups finely crushed chocolate wafers (30 wafers)**
- **6 Tbsp. margarine *or* butter, melted**
- **1 pint chocolate ice cream *or* coffee-flavored ice cream***
- **½ cup toasted coarsely chopped almonds**

• • •

- **1 pint strawberry ice cream**
- **⅓ cup fudge ice-cream topping**
- **Whipped cream (optional)**
- **Whole strawberries (optional)**

● **In a medium mixing bowl stir** together the crushed wafers and melted margarine or butter. Turn the chocolate crumb mixture into a 9-inch pie plate. Spread crumb mixture evenly in pie plate. Press on bottom and sides to form a firm, even crust. Chill about 1 hour till firm.

● **In a medium mixing bowl soften** chocolate or coffee-flavored ice cream, using a wooden spoon to stir and press against side of bowl. Spread softened chocolate or coffee-flavored ice cream evenly atop cookie crust; sprinkle with toasted almonds. Freeze till firm (about 1 hour).

● **In a clean bowl soften** strawberry ice cream as described above. Remove pie from freezer and spread strawberry ice cream atop almond layer. Return to freezer.

● **In a small saucepan heat** and stir the fudge topping just till heated through. Cool the topping slightly. Remove the pie from the freezer and drizzle the top of pie with fudge topping in a lacy design. Return to freezer immediately. Freeze for 4 hours or till firm. To freeze longer, cover the pie with freezer wrap or foil and freeze for up to 1 month.

● **To serve, let pie stand** at room temperature about 10 minutes. Garnish pie with whipped cream and whole strawberries, if desired. For easier slicing, place pie plate atop a warm, wet towel. Slice the pie and serve immediately. Makes 8 servings.

***Note:** For this versatile pie, you can vary the flavors of ice cream and ice-cream topping.

Nutrition facts per serving: *339 cal., 21 g total fat (4 g sat. fat), 17 mg chol., 258 mg sodium, 34 g carbo., 1 g fiber, 5 g pro. Daily Value: 20% vit. A, 5% vit. C, 12% calcium, 7% iron.*

continued on page 152

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2. Clearly type or print your name and address on entry form or a postcard.
3. Send entries to "America Discovers Kikkoman," P.O. Box 7274, Clinton, IA 52736.
4. All entries must be postmarked no later than November 30, 1993. No responsibility is assumed for lost, late or misdirected entries.
5. Winners will be selected by a random drawing from all entries received on or about December 15, 1993, and will be notified by mail.
6. Entry constitutes permission to use winner's name and hometown for promotional purposes. Winner will be required to sign Affidavit of Eligibility, and winner and travel companion will be required to sign a Release of Liability within 10 days of notification.
7. Subject to all federal, state and local laws and regulations. Void where prohibited. Applicable taxes, if any, are the sole responsibility of the winners.
8. Trip subject to availability and must be started no later than December 31, 1994. Trip includes airfare and accommodations for two people for six nights to any city in the continental U.S. An allowance of $1,000 for dining and activities is included in the award. Total value of award: up to $5,000.
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10. Odds of winning depend on the number of entries received.
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CELEBRATE SUMMER RECIPES

continued from page 151

COUNTRY GARDEN PARTY CONFETTI VEGETABLE TERRINE

- **2 8-oz. pkg. cream cheese, softened**
- **½ cup crumbled feta cheese**
- **¼ tsp. garlic powder**
- **⅛ tsp. ground red pepper**
- **½ cup dairy sour cream**
- **2 eggs**
- **1½ tsp. finely shredded lemon peel**
- **¼ cup thinly sliced green onion**
- **½ cup chopped roasted sweet peppers *or* canned pimiento**
- **⅓ cup chopped ripe olives**
- **½ cup snipped parsley**
- **Edible flowers, such as snapdragons *or* pansies (optional)***
- **Chives (optional)**
- **Purple kale *or* leaf lettuce (optional)**
- **Assorted crackers**



Assorted garden flowers add a fresh, lively touch to summer parties.

● **Line bottom** of an 8x4x2-inch loaf pan with foil. Grease sides; set aside.

● **In a medium mixing bowl beat** cream cheese till smooth. Add feta cheese, garlic powder, and ground red pepper. Beat well. Add sour cream, eggs, and lemon peel. Beat just till blended. *Do not overbeat.* Stir in onion, sweet pepper or pimiento, and olives. Pour into prepared pan; spread evenly. Place loaf pan in a larger baking pan. Pour boiling water into the larger pan to a depth of 1 inch.

● **Bake in a 325° oven** for 50 minutes or till center is soft set and stays firm when shaken. Transfer loaf pan to a wire cooling rack; cool completely (about 1 hour). Cover and chill for 4 to 24 hours.

● **To serve, slip** a knife around the sides of the pan to loosen, then invert onto a serving platter. Remove foil. Gently press parsley onto sides of the terrine, leaving top plain. Garnish the top with edible flowers and chives for the stems, if desired. Sprinkle more edible flowers on the platter. Line the edge of the platter with purple kale or leaf lettuce, if desired. Serve with crackers. Makes about 20 appetizer servings.

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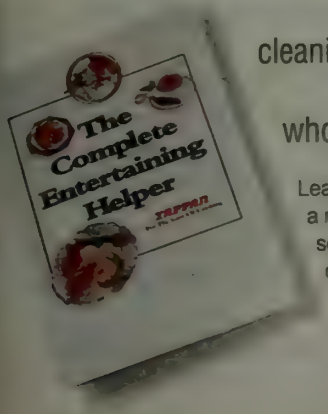
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CELEBRATE SUMMER RECIPES

continued from page 152

***Note:** When decorating food with flowers, make sure that the flowers you choose are safe to eat and were grown without pesticides. Your safest sources are from the supermarket and your own garden.

***Nutrition facts per 1 tablespoon atop a cracker:** 31 cal., 2 g total fat (1 g sat. fat), 6 mg chol., 40 mg sodium, 3 g carbo., 0 g fiber, 1 g pro. Daily Value: 2% vit. A, 2% vit. C, 0% calcium.*

GRILLED SEAFOOD PLATTER

Have the sauces, seafood, vegetables, and coals all ready to go when guests arrive. When it's time to grill, enlist their help. Grill only enough seafood and vegetables to fill a platter, then grill more during the party as needed—

- **1½ lb. fresh *or* frozen large shrimp in shells *and/or* sea scallops**
- **1 1- to 1½-lb. fresh *or* frozen salmon fillet**
- **1 red sweet pepper, cut into 1-inch pieces**
- **1 medium red onion, cut into bite-size pieces**
- **1 small zucchini, halved lengthwise and cut into ½-inch slices**
- **1 small yellow summer squash, halved lengthwise and cut into ½-inch-thick slices**
- **⅓ cup olive oil *or* cooking oil**
- **3 Tbsp. lemon juice**
- **2 cloves garlic, minced**
- **1 Tbsp. snipped fresh dill *or* 1 tsp. dried dillweed, crushed**
- **¼ tsp. pepper**
- **Curly endive *or* leaf lettuce (optional)**
- **Fresh dill sprigs (optional)**
- **1 recipe Caper Mayonnaise, Honey-Lime Dipping Sauce, *and/or* Strawberry-Basil Sauce (optional) (see recipes, *at right* and *page 162*)**

● **Thaw** shrimp and/or scallops and salmon, if using frozen. Cover and chill till needed.

● **Soak** 12 to 15 four-inch wooden skewers in water for 20 to 30 minutes; drain. Set aside for vegetable kabobs.

● **Meanwhile, peel shrimp,** if using, leaving tails intact. Devein. Thread shrimp and/or scallops on several 12- to 15-inch metal or wooden skewers (if using wood, soak as directed, *below left*). If using both shrimp and scallops, thread on separate skewers because scallops cook faster. Cover and chill till needed, up to 4 hours.

● **For vegetable kabobs,** on *each* of the presoaked 4-inch skewers thread *1 piece each* of sweet pepper, onion, zucchini, and summer squash. Cover and chill till needed, up to 4 hours.

● **In a small bowl stir together** oil, lemon juice, garlic, dill, and pepper.

● **At serving time, brush salmon** on both sides with *some* of the oil mixture. Place salmon on a piece of heavy foil or on a fish grilling rack.

● **Brush shrimp and/or scallop** skewers and vegetable kabobs with remaining oil mixture.

● **Grill seafood** and vegetable kabobs, uncovered, directly over *medium-hot* coals. For shrimp, grill for 10 to 12 minutes or till pink, turning once. For scallops, grill 5 to 8 minutes or till opaque, turning once. For salmon, grill 4 to 6 minutes per ½-inch thickness of fish. For vegetable kabobs, grill for 6 to 8 minutes or till squash is tender and onion is crisp-tender.

● **To serve,** line 1 or 2 large platters with endive. Using a large fork, push cooked shrimp and scallops off skewers. Arrange seafood and vegetable kabobs on platters. Garnish with dill sprigs. Serve with Caper Mayonnaise, Honey-Lime Dipping Sauce, and Strawberry-Basil Sauce. Makes 12 to 15 appetizer servings.

***Nutrition facts per serving without sauce:** 115 cal., 6 g total fat (1 g sat. fat), 72 mg chol., 99 mg sodium, 2 g carbo., 0 g fiber, 13 g pro. Daily Value: 6% vit. A, 21% vit. C, 2% calcium, 9% iron.*

CAPER MAYONNAISE

- **¾ cup mayonnaise *or* salad dressing**
- **4 tsp. capers, chopped**
- **2 tsp. white wine Worcestershire sauce**

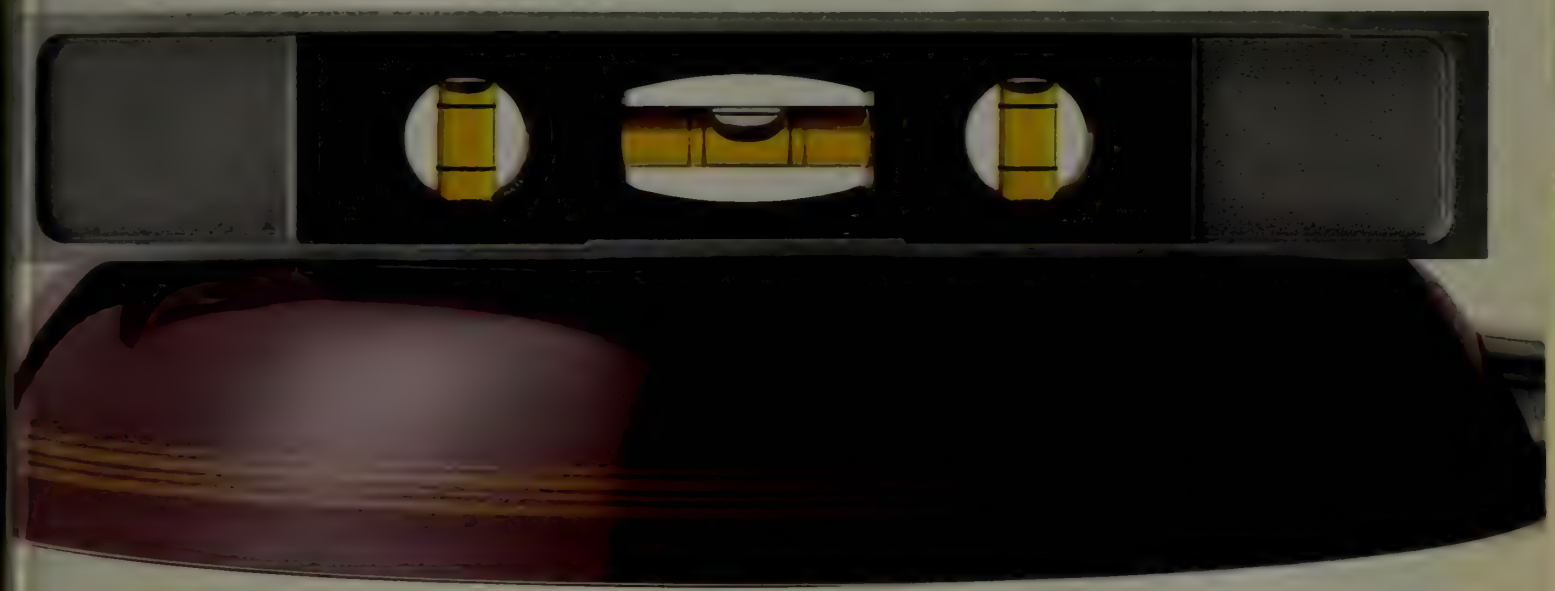
● **In a small bowl stir together** mayonnaise or salad dressing, capers, and white wine Worcestershire sauce. Cover and chill till serving time, up to 24 hours.

***Nutrition facts per teaspoon:** 33 cal., 4 g total fat (1 g sat. fat), 3 mg chol., 34 mg sodium, 0 g carbo., 0 g fiber, 0 g pro.*

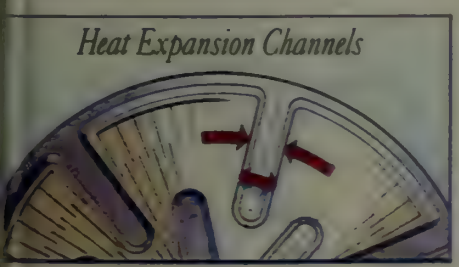
continued on page 162

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100% Parmesan Caesar Salad

Caesar Dressing

- 1/4 cup olive oil
- 1 garlic clove, minced
- 4 teaspoons fresh lemon juice
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon chopped anchovy fillets (optional)

Makes 6 servings. Prep time: 10 minutes.

Salad

- 8 cups torn romaine lettuce
- 1 cup croutons
- 1/2 cup (2 ounces) KRAFT 100% Grated Parmesan Cheese

☐ *Caesar Dressing:* Mix all dressing ingredients.

☐ *Salad:* Toss romaine lettuce with Caesar Dressir until coated. Add croutons and cheese; toss ligh



100%

PARMESAN

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PRINCE
AY SARDINES IN OIL 147

100% Grated Parmesan Cheese 156

E WHIP® Salad Dressing.....149

VEGETABLE MEDLEY SARDINE SALAD

lb. small red skinned potatoes, cooked, peeled and thinly sliced
non-Caper Dressing (recipe follows)
lb. green beans
cups thinly sliced Chinese Napa cabbage
red onion, thinly sliced
tomatoes, cut into wedges
lb. fresh mushroooms, sliced
package (9 oz.) frozen artichoke hearts, thawed
cans (3 ¾ oz.) CROWN PRINCE NORWAY SARDINES IN OIL, drained
hard-cooked eggs, cut in wedges
Lettuce leaves

ace potatoes in large mixing bowl. Add just ough dressing to coat potatoes. Remove ems and cut beans into 1-inch lengths. ook in boiling water until tender-crisp (about minutes). Cool under cold running water and ain. Place atop potatoes. Do not mix; cover. efrigerate 2 to 6 hours. Mix together next 5 gredients. Add to potatoes and beans. Toss ghtly, add more dressing to coat well. ansfer to lettuce-lined serving platter. range sardines and eggs on top. Makes 6 rvings.

EMON-CAPER DRESSING
cup salad oil
cup olive oil
cup red wine vinegar
Tbsp. lemon juice
tsp. capers, drained
tsp. mustard
tsp. grated lemon peel
tsp. salt
tsp. pepper

ix ingredients in a jar. Cover and shake well.

SOUTHWEST CHICKEN SALAD

4 cups torn romaine
4 boneless, skinless chicken breast halves (about 1 ¼ lbs.), grilled and cut into strips
1 can (15 oz.) black beans, drained and rinsed
½ small red onion, cut into rings
Cilantro Dressing (recipe follows)
½ cup (2 oz.) KRAFT 100% Grated Parmesan Cheese
Tortilla chips

Place romaine in shallow serving bowl. Arrange chicken, beans, red pepper and tomato in rows over romaine; top with onion. When ready to serve, pour Cilantro Dressing over salad; toss until coated. Add cheese; toss lightly. Serve with chips. Makes 4 servings.

CILANTRO DRESSING
¼ cup each lime juice and olive oil
3 Tbsp. chopped cilantro
1 jalapeno pepper, seeded and chopped
1 garlic clove, minced
½ tsp. each chili powder and ground cumin

Mix all ingredients in a covered jar. Shake. Chill.

SUMMERTIME SHRIMP SALAD

½ cup MIRACLE WHIP or MIRACLE WHIP LIGHT Dressing
1 Tbsp. lemon juice
1 tsp. freeze-dried chopped chives
½ tsp. dried basil leaves, crushed
½ tsp. salt
1 ½ lbs. medium shrimp, cleaned and cooked (or two 12 ½ oz. cans, drained)
2 hard-cooked eggs, chopped
1 cup chopped apple
1 cup chopped celery
⅓ cup sliced green onions

Mix dressing, juice and seasonings in a large bowl. Add remaining ingredients; mix lightly. Cover and chill. Makes 4 servings.

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continued from page 154

HONEY-LIME DIPPING SAUCE

- ½ tsp. finely shredded lime peel
- 3 Tbsp. lime juice
- 3 Tbsp. honey
- ⅛ tsp. ground cinnamon
- ⅓ cup salad oil
- 1½ tsp. chopped fresh *or* canned jalapeño pepper

● **In a blender container** combine lime peel, lime juice, honey, and cinnamon. With blender running, add salad oil in a steady stream through opening in lid. Add chopped jalapeño pepper; blend just till combined. Cover and chill for up to 24 hours.

Nutrition facts per teaspoon: *23 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 0 mg sodium, 2 g carbo., 0 g fiber, 0 g pro.*

STRAWBERRY-BASIL SAUCE

- ¾ cup cut-up fresh *or* frozen unsweetened strawberries
- 4 tsp. lemon juice
- 1 Tbsp. chopped green onion
- 1 to 1½ tsp. sugar
- ¼ tsp. pepper
- 1 Tbsp. finely snipped fresh basil *or* oregano

● **In a blender container combine** strawberries, lemon juice, green onion, sugar, and pepper. Cover and blend till smooth. Stir in basil or oregano. Cover; chill for up to 24 hours.

Nutrition facts per teaspoon: *1 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 0 mg sodium, 0 g carbo., 0 g fiber, 0 g pro.*

BITE-SIZE HERB BISCUITS

Make and freeze the biscuits ahead so that on party day, all you have to do is thaw them and add the fillings—

- 2 cups all-purpose flour
- 1 Tbsp. baking powder
- 2 tsp. sugar
- ½ tsp. cream of tartar
- ¼ tsp. salt
- ½ cup shortening, margarine, *or* butter
- ⅔ cup milk
- 2 Tbsp. finely chopped green onion
- 1 Tbsp. finely snipped parsley
- 1 recipe Garden Cheese Filling, Pesto-Chicken Salad, *and* Meat and Cheese Filling

● **In a medium bowl combine** flour, baking powder, sugar, cream of tartar, and salt. Cut in shortening, margarine, or butter till mixture resembles coarse crumbs. Make a well in center; add milk, onion, and parsley all at once. Stir till dough clings together.

● **On a lightly floured surface, knead** dough gently 10 to 12 strokes. Roll or pat dough to ½-inch thickness. Cut dough with a 1½-inch round cutter, dipping cutter into flour between cuts. Reroll dough as needed. Transfer biscuits to an ungreased baking sheet.

● **Bake in a 450° oven** for 6 to 8 minutes or till golden. Transfer biscuits to a wire rack to cool slightly.*

● **To assemble, split** biscuits in half horizontally. Fill a *third* of the biscuits with Garden Cheese Filling and a *third* with Pesto-Chicken Salad, using about 1 rounded *teaspoon* of filling per biscuit. Fill the remaining *third* of the biscuits with Meat and Cheese Filling.

● **Serve immediately or cover** and chill for up to 2 hours. To serve, arrange on a platter with *basil sprigs,* if desired. Makes 24 to 28 appetizers.

To make biscuits ahead: Cool biscuits completely. Place biscuits in a freezer container. Cover and freeze for up to 2 months. Thaw before filling.

Nutrition facts per biscuit filled with Garden Cheese Filling: *133 cal., 9 g total fat (4 g sat. fat), 15 mg chol., 120 mg sodium, 10 g carbo., 0 g fiber, 2 g pro. Daily Value: 22% vit. A, 4% vit. C.*



Fresh figs are at their prime in the summer months. Check the produce section of the grocery store or a specialty market.

Garden Cheese Filling: In a small bowl pour enough boiling water over 2 tablespoons finely snipped *dried tomatoes* to cover. Let stand 5 minutes; drain tomatoes thoroughly. Rinse and dry bowl. In same bowl combine drained tomatoes, ½ of an 8-ounce container *soft-style cream cheese with chives and onions,* and 2 tablespoons finely shredded *carrot.* Stir till thoroughly combined. Cover and chill till needed, up to 4 hours. (To make up to 24 hours ahead, reserve drained tomatoes and add up to 4 hours ahead because the red color tends to bleed.) Makes ⅔ cup.

Pesto-Chicken Salad: Measure 2 tablespoons purchased *pesto.* If necessary, drain off any excess oil. In a small bowl stir together the pesto and 2 tablespoons *mayonnaise* or *salad dressing.* Stir in ½ cup finely chopped *cooked chicken* or *half* of a 3-ounce can *chunk-style chicken,* drained. Cover and chill till needed, up to 24 hours. Makes about ½ cup.

Meat and Cheese Filling: Divide 2 ounces *thinly sliced cooked roast beef, turkey,* or *ham,* cut to fit, among about 8 of the biscuit bottoms. Top each with a very thin slice of desired *cheese,* a dab of purchased *horseradish sauce* or *honey mustard,* and the biscuit tops.

EASY ANTIPASTO SAMPLER

- 1 Tbsp. olive oil *or* cooking oil
- 1 clove garlic, minced
- 1 8-oz. pkg. Italian bread shells (2 shells) (Boboli brand)
- 1 recipe Italian Caponata (see recipe, *page 164*)
- Bibb lettuce *or* Boston lettuce (optional)
- 1 recipe Herbed Goat Cheese (see recipe, *page 164*)
- 5 to 6 figs, cut into wedges, *or* ½ of a medium cantaloupe, scooped into melon balls
- Assorted fruits and vegetables such as pear-shaped yellow *and/or* red tomatoes, tomato wedges, pickled baby corn, pickled peppers, grapes, *and/or* strawberries

● **Combine olive oil and garlic.** Place bread shells on a baking sheet and brush with oil mixture. Bake in a 400° oven 10 to 15 minutes or till golden. Cut bread shells into wedges; set aside.

continued on page 164

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CELEBRATE SUMMER RECIPES

continued from page 162

● **Spoon Italian Caponata** into a small bowl and place on a large serving platter. Line the rest of the platter with lettuce. Arrange Herbed Goat Cheese, figs or melon, and desired fruits and vegetables on the platter. Serve with bread wedges. Makes 12 to 15 appetizer servings.

Nutrition facts per serving: *146 cal., 7 g total fat (2 g sat. fat), 4 mg chol., 282 mg sodium, 18 g carbo., 2 g fiber, 5 g pro. Daily Value: 4% vit. A, 27% vit. C, 4% calcium, 7% iron.*

ITALIAN CAPONATA

1 small eggplant, peeled and cut into ½-inch cubes (4 cups)
½ cup chopped onion
2 Tbsp. olive oil *or* cooking oil
2 medium tomatoes, chopped
½ cup chopped yellow *and/or* green sweet pepper
3 Tbsp. wine vinegar
2 Tbsp. tomato paste
1 tsp. sugar
½ tsp. salt
Dash ground red pepper
½ cup sliced pitted ripe olives
1 Tbsp. snipped fresh parsley *or* basil
1 Tbsp. drained capers
Fresh parsley sprigs (optional)

● **In a large skillet cook** eggplant and onion in hot oil over medium heat for 5 to 6 minutes or till just tender. Stir in tomatoes, sweet pepper, wine vinegar, tomato paste, sugar, salt, and ground red pepper. Cook, uncovered, over low heat for 3 minutes, stirring occasionally. Remove from heat.

● **Stir in** olives, parsley or basil, and capers. Cover; chill 2 to 24 hours. Let stand at room temperature for 30 minutes before serving. Top with fresh parsley sprigs, if desired. Makes 12 to 15 appetizer servings (2⅔ cups).

Nutrition facts per serving: *49 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 152 mg sodium, 6 g carbo., 1 g fiber, 1 g pro. Daily Value: 3% vit. A, 14% vit. C, 12% calcium, 0% iron.*

HERBED GOAT CHEESE

A delicious addition to the Easy Antipasto Sampler, this simple cheese log can star independently as well. Serve with celery sticks, cucumber slices, carrot slices, or crackers for spreading—

3 oz. semisoft goat cheese (chèvre)
2 tsp. snipped fresh basil *or* ½ tsp. dried basil, crushed
¼ tsp. onion powder
Dash pepper

● **In a small bowl combine** goat cheese, basil, onion powder, and pepper. Stir till thoroughly combined. If dry, stir in a little *milk* (2 to 3 teaspoons) till of desired consistency.

● **Shape** into a 4-inch log. Cover with plastic wrap and chill till needed, up to 1 week. Makes 12 to 15 appetizer servings.

Nutrition facts per serving: *19 cal., 1 g total fat (1 g sat. fat), 3 mg chol., 26 mg sodium, 0 g carbo., 0 g fiber, 1 g pro.*

DEVONSHIRE CREAM TRIFLE

Devonshire, England, is known for its thick, rich, clotted cream. This fruit-filled trifle uses a combination of whipping cream and sour cream to replicate this best-loved treat—

1 tsp. unflavored gelatin
1 cup whipping cream
¼ cup sugar
2 tsp. vanilla
1 8-oz. carton dairy sour cream
4 cups assorted fresh fruit such as raspberries, sliced strawberries, chopped peeled nectarines *or* peaches*, and cut-up peeled kiwi fruit
2 Tbsp. sugar
1 recipe Hot Milk Sponge Cake (see recipe, *page 166*) *or* one 10¾-oz. frozen loaf pound cake, thawed
¼ cup peach brandy, amaretto, orange liqueur, *or* orange juice
Grated chocolate (optional)

● **For Devonshire cream,** in a small saucepan combine gelatin in ½ cup *cold water;* let stand 5 minutes to soften. Heat and stir over medium heat till gelatin dissolves. Cool.

● **In a chilled medium mixing bowl** beat whipping cream, the ¼ cup sugar, and vanilla with an electric mixer on medium-low speed till soft peaks form (tips curl). Do not overbeat.

● **Combine cooled gelatin mixture** and sour cream; mix well. Fold the sour cream mixture into the whipped cream. Chill for 30 to 45 minutes or till mixture is thickened and will mound on a spoon.

● **Meanwhile, for fruit filling,** in a large mixing bowl combine the fresh fruit and the 2 tablespoons sugar. Let stand for 10 minutes.

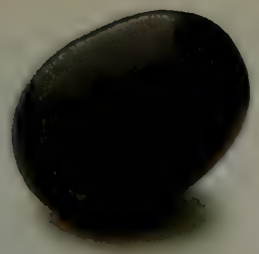
● **Cut the Hot Milk Sponge Cake** or pound cake into 2x½-inch strips. In a 2½- or 3-quart clear glass serving bowl or a soufflé dish arrange *half* of the cake strips on the bottom. Arrange *half* of the fruit atop the cake strips. Sprinkle with 2 tablespoons of the brandy, liqueur, or juice. Spoon *half* of the Devonshire cream on top. Repeat layers, piping or dolloping remaining Devonshire cream atop.

● **Cover and chill** for 2 to 24 hours. Sprinkle with chocolate. Serves 12.

***Note:** If using peaches or nectarines, dip slices in a mixture of 1 cup *water* and 1 tablespoon *lemon juice* to prevent them from discoloring.

***Nutrition facts per serving:** 231 cal., 13 g total fat (7 g sat. fat), 54 mg chol., 60 mg sodium, 24 g carbo., 2 g fiber, 3 g pro. Daily Value: 20% vit. A, 18% vit. C, 8% calcium, 4% iron.*

continued on page 166



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CELEBRATE SUMMER RECIPES

continued from page 165

HOT MILK SPONGE CAKE

½ cup all-purpose flour
½ tsp. baking powder
Dash salt
1 egg
½ cup sugar
¼ cup milk
1 Tbsp. margarine *or* butter

● **Grease and lightly flour** a 9x1½-inch or 8x1½-inch round baking pan. In a small mixing bowl stir together flour, baking powder, and salt. Set pan and flour mixture aside.

● **In a medium mixing bowl beat** egg with an electric mixer on high speed for 3 to 4 minutes or till thick and lemon-colored. Gradually add sugar, beating on medium speed 4 to 5 minutes or till sugar is almost dissolved. Add flour mixture. Beat on low to medium speed *just till combined.*

● **In a small saucepan heat** the milk and margarine or butter just till margarine or butter melts. Stir warm milk mixture into egg mixture. Pour batter into prepared pan; spread evenly.

● **Bake in a 350° oven** about 18 minutes or till cake top springs back when touched. Cool cake in pan on a wire rack for 10 minutes. Loosen cake from sides of pan. Invert cake onto a wire rack and cool completely.

● **To make ahead,** wrap cooled cake in freezer wrap or foil and freeze for up to 1 month. Thaw at room temperature before using. Serves 8.

Nutrition facts per serving: *104 cal., 3 g total fat (1 g sat. fat), 27 mg chol., 66 mg sodium, 18 g carbo., 0 g fiber, 2 g pro. Daily Value: 3% vit. A, 0% vit. C, 1% calcium, 3% iron.*

FUDGE BROWNIE TARTS

5 squares (5 oz. total) unsweetened chocolate, chopped
⅓ cup margarine *or* butter
1 cup sugar
2 beaten eggs
1 tsp. vanilla
½ cup all-purpose flour
Pecan halves (optional)
1 recipe Vanilla Icing (optional)
Milk chocolate (optional)
Whole hazelnuts (optional)



Nibble on a variety of fabulous savories and sweets while laughing and chatting with good friends.

● **In a heavy medium saucepan melt** the unsweetened chocolate with the margarine or butter over low heat till smooth, stirring constantly. Remove from heat. Stir in sugar, eggs, and vanilla. Using a wooden spoon, lightly beat the mixture just till combined. Stir in flour.

● **Line 1¾-inch muffin pans** with 1¾-inch paper bake cups. Spoon batter into bake cups, spreading so that the tops are smooth. If desired, top with a pecan half.

● **Bake in a 350° oven** for 10 to 12 minutes or till edges are set. (Centers should be soft.) Transfer tarts, in the paper bake cups, to a wire rack to cool. If making ahead, store in a covered container for up to 24 hours at room temperature. Or, transfer to a freezer container and freeze for up to 1 month. Thaw at room temperature before decorating.

● **To decorate, spoon** Vanilla Icing into a pastry bag, fitted with a small round tip. Pipe icing atop cooled tarts. Or, drizzle icing atop cooled tarts with a spoon.

● **For chocolate-dipped hazelnuts,** melt milk chocolate in a small heavy saucepan over low heat till smooth, stirring constantly. Remove from heat. Working quickly, use your thumb and forefinger to dip hazelnuts, one at a time, in the melted chocolate. Cover about *half* of each nut with chocolate. Transfer to a piece of waxed paper to dry. Attach dry, dipped nuts to tarts with a dab of icing or melted chocolate. Makes 30 tarts.

Nutrition facts per tart: *77 cal., 4 g total fat (0 g sat. fat), 14 mg chol., 28 mg sodium, 11 g carbo., 0 g fiber, 1 g pro. Daily Value: 4% vit. A, 2% iron.*

Vanilla Icing: In a small bowl combine 1 cup sifted *powdered sugar,* ¼ teaspoon *vanilla,* and 1 tablespoon *milk.* Stir in enough additional *milk,* 1 teaspoon at a time, till of piping or drizzling consistency. Makes ½ cup.

MINIATURE ALMOND CAKES

1½ cups all-purpose flour
2½ tsp. baking powder
1 8-oz. pkg. almond paste
1½ cups sugar
6 eggs
1 cup margarine *or* butter, softened
1 recipe *each* Whipped Cream Frosting, Chocolate Whipped Cream Frosting, *and* Raspberry Whipped Cream Frosting (see recipes, *page 168*); *or* 1 recipe Simple Designer Frosting (see recipe, *page 172*)
Assorted toppings, such as raspberries, chocolate curls, grated chocolate, sliced almonds, mint leaves, *and* chocolate-dipped hazelnuts (for chocolate-dipped hazelnuts recipe, see Fudge Brownie Tarts recipe, *at left*) (optional)

● **In a small bowl combine** flour, baking powder, and ¼ teaspoon *salt.*

● **Crumble the almond paste** into a large mixer bowl. Add the sugar and *2* of the eggs. Beat with an electric mixer* on low speed till thoroughly combined and no lumps of almond paste remain (about 3 minutes.) Add the margarine or butter; beat on medium-low speed for 3 minutes. Add remaining eggs, one at a time, beating for 1 minute after each addition.

● **Fold in the flour mixture.** Pour ⅔ of the batter (about 4 cups) into a greased and floured 13x9x2-inch baking pan and the remaining batter into a greased and floured 8x8x2-inch baking pan. Spread batter evenly in pans.

● **Bake in a 350° oven** for 18 to 20 minutes or till toothpick inserted near center of each pan comes out clean. Cool for 10 minutes in pans (cakes

continued on page 168



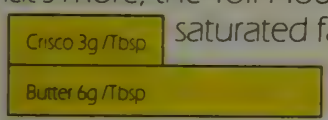
This cookie, baked with the **TOLL HOUSE®** recipe, was hard to beat...



...until now.

The **Butter Flavor*Crisco®** Ultimate Chocolate Chip Cookie bakes up higher and stays softer and moister.

What's more, the Toll House recipe calls for butter, so their cookies have more saturated fat than ours. Butter Flavor Crisco is pure vegetable shortening, and cup for cup, it has 50% less saturated fat than butter. All of which is why Crisco is a better way to bake.



Saturated Fat Comparison.
Crisco 12 g. total fat per tablespoon.

The Ultimate Chocolate Chip Cookie

3/4 cup Butter Flavor Crisco®
1–1/4 cups firmly packed light brown sugar
2 Tbsps. milk
1 Tbsp. vanilla
1 egg
1–3/4 cups all-purpose flour
1 tsp. salt
3/4 tsp. baking soda
1 cup semi-sweet chocolate chips
1 cup large pecan pieces (optional)**

Heat oven to 375°F. **Combine** Butter Flavor Crisco, brown sugar, milk and vanilla in large bowl. Beat at medium speed of electric mixer until creamy. **Beat** egg into creamed mixture. **Combine** flour, salt and baking soda and mix into creamed mixture until just blended. **Stir** in chocolate chips and pecan pieces. **Drop** rounded tablespoonfuls (about 2 measuring tablespoons of dough) 3 inches apart on ungreased baking sheet. **Bake** at 375°F for 8 to 10 minutes for chewy cookies (cookies will appear moist–DO NOT OVERBAKE), or 11 to 13 minutes for crisp cookies. **Cool** on baking sheet 2 minutes. **Remove** to cooling rack.



3 Dozen 3-Inch Cookies **Note: If nuts are omitted, use 1-1/2 cups semi-sweet chocolate chips.

*Butter Flavor Crisco is artificially flavored.

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THE ICED TEA POT™
BY MR. COFFEE®

CELEBRATE SUMMER RECIPES

continued from page 166

may sink slightly in center). Loosen sides and invert cakes onto wire racks; cool thoroughly. If desired, wrap with plastic wrap or foil and chill till needed, up to 24 hours.

● **To assemble,** using 2-inch round, star, and/or diamond-shaped cookie cutters with fluted or straight sides, cut about 35 cake pieces from the 2 cakes. Pipe or dollop desired frostings atop cakes. (Leave the sides of the cakes unfrosted so they are easy to pick up.) Decorate with assorted toppings, if desired. Makes 35 cakes.

***Note:** Because of the length of beating time, we recommend a full-size stand mixer instead of a hand mixer.

***Note:** If you're running short on time, use a cake mix instead of the recipe above. Prepare 1 package 2-layer-size *white* or *chocolate cake mix* according to package directions *except* pour ⅔ of the batter into a greased and floured 13x9x2-inch baking pan and ⅓ of the batter in an 8x8x2-inch baking pan. Bake in a 350° oven 20 to 22 minutes or till toothpick inserted near centers comes out clean. Continue as directed for Miniature Almond Cakes.

***Nutrition facts per cake with Whipped Cream Frosting:** 153 cal., 9 g total fat (2 g sat. fat), 41 mg chol., 113 mg sodium, 16 g carbo., 0 g fiber, 3 g pro. Daily Value: 10% vit. A, 0% vit. C, 2% calcium, 4% iron.*

WHIPPED CREAM FROSTING

You can freeze this frosting in a covered container for up to 1 month. Before using, thaw the frozen frosting for several hours in the refrigerator, then stir vigorously till smooth—

2 tsp. *cold* water
¼ tsp. unflavored gelatin
½ cup whipping cream
1 Tbsp. sugar

● **In a 1-cup glass measuring cup** combine cold water and gelatin. Let stand 2 minutes. In a small saucepan bring about 2 inches water to boiling. Place measuring cup in saucepan of boiling water. Heat and stir about 1 minute or till the gelatin is completely dissolved. Remove.

● **In a bowl beat** whipping cream and sugar with an electric mixer on medium speed while gradually drizzling the gelatin over the cream mixture. Continue beating till stiff peaks form. Makes 1 cup frosting.

***Chocolate Whipped Cream Frosting:** Prepare Whipped Cream Frosting as directed *except* increase sugar to 4 teaspoons. Mix the sugar with 1 tablespoon *unsweetened cocoa powder* before beating with the cream. Makes 1 cup frosting.

***Raspberry Whipped Cream Frosting:** Prepare Whipped Cream Frosting as directed *except* beat in 2 tablespoons *raspberry liqueur* or *seedless raspberry jam* with the cream and sugar. If desired, add a few drops of red food coloring. Makes about 1 cup frosting.

continued on page 172

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City of Hope

A Heritage of Healing



Pasta Saladventure Recipe: Surprising fare for a party of four. Cook a pound of multicolored, spiral-shaped fusilli. Arrange it on a bed of romaine lettuce, with a quarter-pound of salami cut into sticks. Add small zucchini and a yellow squash, sliced and steamed. Slice a small tomato and red onion. Cut yellow and red bell peppers into julienne strips. Garnish with black olives. Then crown it all with T. Marzetti's delicious Chunky Blue Cheese Dressing. Refrigerated fresh in your grocer's produce department.

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If you don't have time to trek the ntire trail, which begins in Indepen- ence, Missouri, and leads to Oregon, onsider visiting a portion of it. The ational Park Service has selected 25 historic sites to commemorate the ail. Start with a National Park Ser- ice map of the trail and design your wn itinerary. Or, try any segment of he trail from our state-by-state guide. ick your route, pack the car, and appy (Oregon) trails.

For a map: *National Park Service, 3 S. King St., Suite 212, Dept. BHG, eattle, WA 98104; 206/553-4721.*

MISSOURI

Both starting in Independence, Missouri, the Oregon Trail and the anta Fe Trail shared a route for 40 niles. The National Frontier Trails Center (*816/254-0059*) in Indepen- lence offers displays, artifacts, and a ilm on the trails and westward expan- ion. An exhibit, "Gettin' Ready," through December) shows how emi- rants outfitted for the trip. You can ick up a National Park Service map.

TRAVEL PLANNING

See *page G4* for a listing of free travel information and literature you can order.



photo by Michael E. Pitel

A reenactment by Billy the Kid's Outlaw Gang in Puerto de Luna.

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Conestoga wagons retrace the Oregon Trail by Casper, Wyoming.

KANSAS

Near Gardner, Kansas, the Santa Fe and Oregon trails split. A rough board proclaiming, "Road to Oregon," pointed out the north fork.

The Topeka home of Anthony and Mary Jane Ward was a welcome stop. Today their modest cabin is part of Historic Ward-Meade Park (*913/235-0806*), which also contains a Victorian mansion, a school, a stone barn, a general store, and botanical gardens.

Kansas Travel and Tourism, 700 SW. Harrison St., Suite 1300-BHG, Topeka, KS 66603; 800/2KANSAS.

NEBRASKA

The pioneers found a safe haven at Fort Kearney, Nebraska. Today, Fort Kearney State Historical Park (*308/234-9513*), near Kearney, has a reconstructed stockade, a sod blacksmith shop, and a visitor's center.

Chimney Rock, near Bayard, ranks as the landmark mentioned most in pioneer diaries. Now a national historic site, this 500-foot sandstone spire serves as the backdrop for the Oregon Trail Wagon Train, a company that offers covered wagon adventures.

Massive Scotts Bluff signaled the Rocky Mountains. A 3,000-acre national monument with a museum/visitor's center (*308/436-4340*), the bluffs features living history demonstrations in the summer.

Nebraska Tourism, P.O. Box 94666, Dept. BHG, Lincoln, NE 68509; 800/228-4307.

continued on page G5

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continued from page G3

WYOMING

Emigrants, eager for human company, anticipated their arrival at Fort Laramie, Wyoming, one of the trail's best interpretive sites (*307/837-2221*).

Near Guernsey, south of the North Platte River, explore ruts cut five feet deep in the soft sandstone by countless wagon wheels. At Independence Rock, 50 miles southwest of Casper, stone turned into a scratch pad as travelers recorded their passage.

Wyoming Tourism, I-25 at College Dr., Dept. BHG, Cheyenne, WY 82002; 800/225-5996; in state, 307/777-7777.

IDAHO

Soda Springs, Idaho, provided an unusual treat for weary travelers. They made sodas by adding sugar to the naturally carbonated spring water that bubbled from the ground. At Hooper Springs Park, you can make your own drink from the springs.

Fort Hall, north of Pocatello, provided a chance to repair and resupply and was the final chance to decide whether to go to California or to Oregon. A replica serves as a living history museum from April to September.

Most pioneers couldn't swim, and nearly 500 drowned while trying to ford the deep, swift north channel of Three Island Crossing on the Snake River, near the town of Glenns Ferry. You can watch a reenactment of this dangerous crossing the second week of August. Three Island Crossing State Park features a visitor's center, interpretive hiking trails, and camping (*208/366-2394 or 208/366-7345*).

Idaho Tourism, 700 W. State, Dept. BHG, Boise, ID 83720; 208/334-2470.

OREGON

At Flagstaff Hill, near Baker City, Oregon, emigrants enjoyed the vista of the lush Baker Valley and the Blue Mountains. At the new National Historic Oregon Trail Interpretive Center, you hear wagons creak and oxen straining under their heavy loads at an interactive gallery that re-creates trail life. You can visit a wagon encampment and a 19th-century mining camp as well as see original trail ruts.

Oregon Tourism, 775 Summer St., NE, Dept. BHG, Salem, OR 97310; 800/547-7842.

—By Jerry Jones

TRAVEL DIRECTORY

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TIMESAVING TOOLS FOR EASIER COOKING



1. Shrimp Cleaner

Bearing some resemblance to a letter opener, this gadget peels and deveins shrimp with one quick motion. Starting from the head end of the shrimp, insert the narrow tip of the tool between the shell and meat. Push the whole blade through the vein cavity. The shell pops off and the shrimp is deveined.

2. Butter Curler

Jazz up rolls and bread with elegant butter curls. For these showy curls, draw the scalloped, hooked end of the butter curler down the long side of a slightly softened stick of butter or margarine.

3. Citrus Zester/Stripper

This handy citrus gizmo does double duty. For thin strips of citrus peel (called zest) pull the scalloped edge, with multiple holes, along the fruit. For thick citrus strips run the single, curved blade along the fruit.

4. Apple Corer

After coring apples and pears with a knife, you'll welcome a sturdy, easy-to-use corer. Center the round, scalloped end of the corer over the fruit's core and push the tool into the fruit. Twist to loosen the whole core, then lift the core out.

5. Tomato Corer

Snatch the cores from tomatoes or the green caps from strawberries by inserting the spiked end of the corer into the tomato core, or just below each strawberry cap, and twist.

6. Cherry/Olive Pitter

Cherry and olive enthusiasts, this tool is a must. Pop a cherry or olive (pit in) into the little cup, squeeze the handles, and the pit falls out of the hole in the cup, leaving a perfectly pitted cherry or olive.

7. Garlic Press

Mince garlic the effortless way. Garlic presses come in a variety of styles. For this model, simply load the cavity with garlic cloves, twist the handle, and mince. You can also store extra garlic cloves in the plastic cavity.

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BUILDING

HANGING MIRROR BATH DIVIDER

Usually you need a wall to hang a mirror, but not with this clever arrangement.

Suspending this mirror from the bathroom ceiling gave the homeowners the convenience and service of a wall-mounted mirror, but with none of the bulky, space-eating problems of a fully framed wall.

The suspended mirror allows the large remodeled bath to retain its open, unrestricted feeling and provides a partial privacy shield for the tub. Room for a second sink is also created without having to bunch the two sinks together.

The open airy feeling is further fortified by white tile floors and countertops, white patterned wallpaper, and a new skylight. The end of the cabinets below the mirror was left open for quick access to towels.



Architect: Ward Seymour and Cathie Magnan Power. Builder: Jim Eiland. Photographs: Rick Taylor. Regional editor: Ruth L. Reiter.

BUMPING OUT A SUN PORCH



PHOTOGRAPHS: ALAN ABRAMOWITZ, ORIGINAL FROM THE MAHAM

Plastic panels overhead trap warmth and let in light but not rain.



Vines screen the entry and sun-room from the street.

An entry area blessed with sun can be more than just a perch for the family pooch. Rus and Lauren Ritter made their front stoop user-friendly for the rest of the family, too, by bumping out a few feet on one side to gain a comfy sun porch.

A different approach: "We wanted to paint the house but decided to give it more of a face-lift," Lauren says. "We pushed the foundation out 5 feet and shifted the entryway to the side. Then we built a simple framework and added lattice. After putting up the lattice, we realized it would be nice to roof over everything with clear acrylic for a cozy greenhouse."

Privacy, protection, and warmth: The framework rises from a solid banister that skirts the porch's two open sides. Lattice panels fill the openings above the banister, screening the porch and the front door from neighboring houses and the street. Kiwi vines climb the lattice, filtering sun through the transparent roof and buffering noise from the busy thoroughfare. The quarry tile flooring collects solar heat, moderating the porch's miniclimate on chilly days.

"In cool weather it's a great spot to curl up in with a book or magazine," Lauren reports. "And in warm weather we eat our meals out here."

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Fragrant lemon, sprightly mint, and sultry spices have long satisfied cooks in Syria, Lebanon, and Turkey. Discover for yourself how delicious these seasonings can be by tasting this tantalizing menu.

MIDEASTERN-STYLE COOKOUT
Skewered Spiced Beef
Grilled Eggplant Slices
Garbanzo Cucumber Salad with Mint-Lemon Vinaigrette
Armenian Cracker Bread or Pita Bread
Poached Apricots with Yogurt
Coffee or Tea



SCOTT LITTLE

Grill the eggplant alongside the meat, then serve with made-ahead salad and dessert.

SKEWERED SPICED BEEF

Turks often shape ground meat mixtures, called köfte, into patties or logs—

- ¼ cup bulgur
- ½ cup snipped parsley
- ¼ cup finely chopped red onion
- 1 tsp. finely chopped and seeded fresh red hot pepper *or* ¼ tsp. crushed red pepper
- 1 tsp. ground cumin
- ½ tsp. salt
- ¼ tsp. ground allspice
- 1 lb. ground lamb *or* beef
- 1 10-oz. can tomatoes with green chili peppers
- 3 Tbsp. snipped parsley

In a bowl cover bulgur with boiling water; let stand 30 minutes. Drain well. Stir in the ½ cup parsley, onion, pepper, cumin, salt, and allspice. Add meat; mix well. Shape into eight 4x1-inch logs. Thread lengthwise onto skewers. Place in a grill basket, if desired. Grill, uncovered, directly over *medium-hot* coals for 10 to 12 minutes or till well-done, turning once.

Meanwhile, for sauce, in a saucepan combine tomatoes and 3 tablespoons parsley. Bring to boiling; reduce heat. Simmer, uncovered, for 12 to 15 minutes or till of desired consistency. Serve with meat. Makes 4 servings.

Nutrition information per serving: *208 cal., 9 g fat, 66 mg chol., 21 g pro., 11 g carbo., 3 g fiber, 628 mg sodium.*

GRILLED EGGPLANT SLICES

Trim a medium *eggplant;* slice crosswise 1 inch thick. Brush with a little *olive oil.* Grill directly over *medium-hot* coals about 8 minutes or till tender, turning occasionally. Serves 4.

GARBANZO CUCUMBER SALAD WITH MINT-LEMON VINAIGRETTE

- 1 15-oz. can garbanzo beans, rinsed and drained
- 1 medium cucumber, halved lengthwise and sliced
- ½ cup pitted ripe olives, halved lengthwise
- ⅓ cup finely chopped red onion
- ¼ cup snipped parsley
- 3 Tbsp. salad oil
- 3 Tbsp. vinegar
- 1 Tbsp. sugar
- ½ tsp. finely shredded lemon peel
- 1 Tbsp. lemon juice
- 2 cloves garlic, minced
- 2 tsp. snipped fresh mint *or* ½ tsp. dried mint, crushed
- ¼ tsp. salt
- Lettuce leaves

In a large mixing bowl combine garbanzo beans, cucumber, olives, red onion, and parsley.

For dressing, in a screw-top jar combine oil, vinegar, sugar, lemon peel, juice, garlic, mint, and salt. Cover; shake well to mix. Pour over vegetables; toss to coat. Cover; chill 4 to 24 hours, stirring occasionally.

To serve, line a salad bowl with lettuce. Using a slotted spoon, transfer vegetables to bowl; discard dressing. Makes 4 side-dish servings.

Nutrition information per serving: *193 cal., 11 g fat, 0 mg chol., 5 g pro., 22 g carbo., 599 mg sodium, 6 g fiber.*

POACHED APRICOTS WITH YOGURT

Simmer 8 fresh *apricot halves* with 8 halved, pitted *dates* in a little *water* for 4 to 5 minutes or till tender. Cover and chill. To serve, top with *vanilla yogurt* and toasted, chopped *pistachios* or *almonds.* Serves 4.

TASTE WHAT YOU AND BEST FOODS® CAN DO FOR POTATO SALAD.





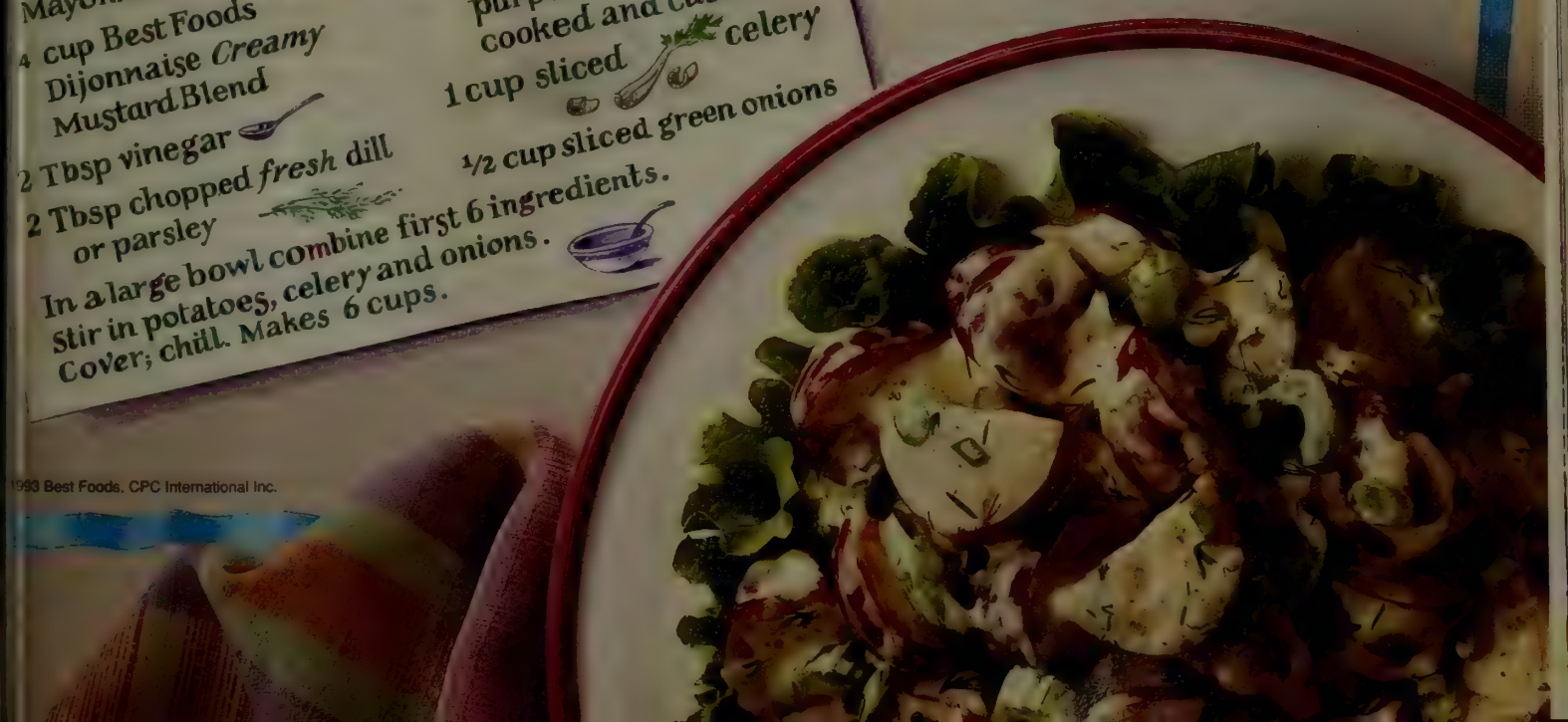
Try our new recipe and discover how the rich, creamy taste of Best Foods® Real Mayonnaise and the unique taste of Dijonnaise™ Creamy Mustard Blend make potato salad really special.

ijonnaise Potato Salad

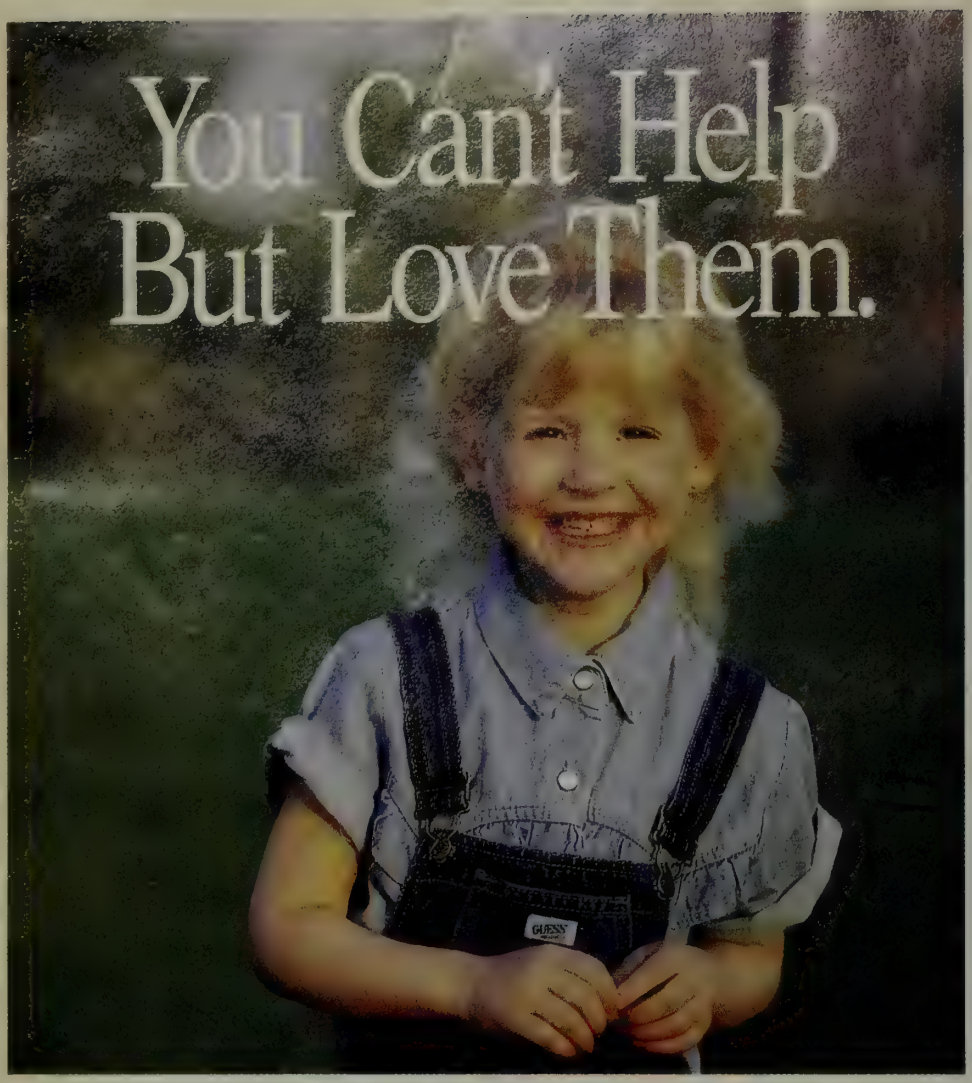
up Best Foods Real Mayonnaise
4 cup Best Foods Dijonnaise *Creamy* Mustard Blend
2 Tbsp vinegar
2 Tbsp chopped *fresh* dill or parsley
1/2 tsp salt
1/4 tsp pepper
2 lb small red or all-purpose potatoes, cooked and cubed
1 cup sliced celery
1/2 cup sliced green onions

In a large bowl combine first 6 ingredients. Stir in potatoes, celery and onions. Cover; chill. Makes 6 cups.

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CRIB SAFETY TIPS

Even the smallest nooks and gaps in a crib can pose strangulation or suffocation hazards for a curious, climbing baby. Your crib should meet the following safety guidelines:

- Slats on a crib should measure less than 2⅜ inches apart.
- Crib corner posts should be less than ⅝ inch or more than 16 inches (for canopy posts) above end panels.
- The crib mattress should be so snug that two adult fingers can't fit into the gap between mattress and crib.
- Crib headboards and footboards should not have cutout designs that can entrap a child's head.

For the free pamphlet "Tips for Your Baby's Safety," write to the U.S. Consumer Product Safety Commission, Office of Public Affairs, Washington, DC 20207.

POCKET DOORS THAT STAY ON TRACK



This new frame design keeps a pocket door on the straight and narrow.

Pick a pocket door and you can add some extra living space. Because pocket doors slide back into the wall—rather than swing into the room—you can gain an extra 4 or 5 square feet every place you use one.

Take a look at this innovative design that solves the pocket door's age-old operation and maintenance problems.

Unlike most preassembled "cages," Johnson Hardware's frame kit goes up without the door and jamb. Besides quicker installation, the box-shaped track and convex rails keep the door from jumping the track. The aluminum box track and nylon door hangers assure quiet door operation.

Special keyhole slots allow you to remove the door or track without tearing out the wall. To keep the frame straight and to provide a rigid surface for attaching drywall, the pocket door frame is clad with steel sides and back plating.

This also prevents drywall nails from penetrating the stud and scratching the recessed door. Heavy-duty ball-bearing hangers are available to handle doors weighing as much as 200 pounds.

For more information, contact L.E. Johnson Products Inc., Department JH002, P.O. Box 1126, Elkhart, IN 46515; 800/837-5664.

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Now the film's classic opening scene is recreated as "Tara...Scarlett's Pride," premier issue in the *Gone With the Wind* collection of architectural sculptures designed by award-winning artists Kenneth and Hope DeVan.

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Measuring just 3¾ inches high, this fascinating work of art is *entirely hand-painted* in 21 colors...including the graceful figurine of Scarlett O'Hara, Tara's beautiful belle.

The low $39.90 issue price of "Tara... Scarlett's Pride" is a remarkable value for hand-crafted sculpture of this quality...especially when you consider how exceptional *Gone With the Wind* collectibles have performed.

The 1978 collector's plate "Scarlett" has increased by *970%** over issue price. And exceptional "cottage" sculptures are also strong performers. *Not all collectibles go up in value; some go down.*

David Winter's "Woodcutter's Cottage"
(John Hine Studios)
Issue Price: $87.00
Current Quote: $210.00

"Stone Cottage"
(Lilliput Lane)
Issue Price: $40.00
Current Quote: $200.00

*As reported in the Collectibles Market Guide and Price Index for 1992. Number and source of sales not reported. Collector's plates trade through a unique trading system. Resale prices realized by individual collectors may be lower.

But with its hand-numbered Certificate of Authenticity and descriptive literature, "Tara... Scarlett's Pride" shows outstanding heirloom potential.

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ORDER FORM

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Limit: One sculpture per order.

Please enter my reservation/order for "Tara... Scarlett's Pride" I understand that I need send no money now. I will pay for my sculpture in two monthly installments of $19.95† each, the first payable before shipment.

If I'm not completely satisfied, I have five full years to return my sculpture for replacement or full refund.

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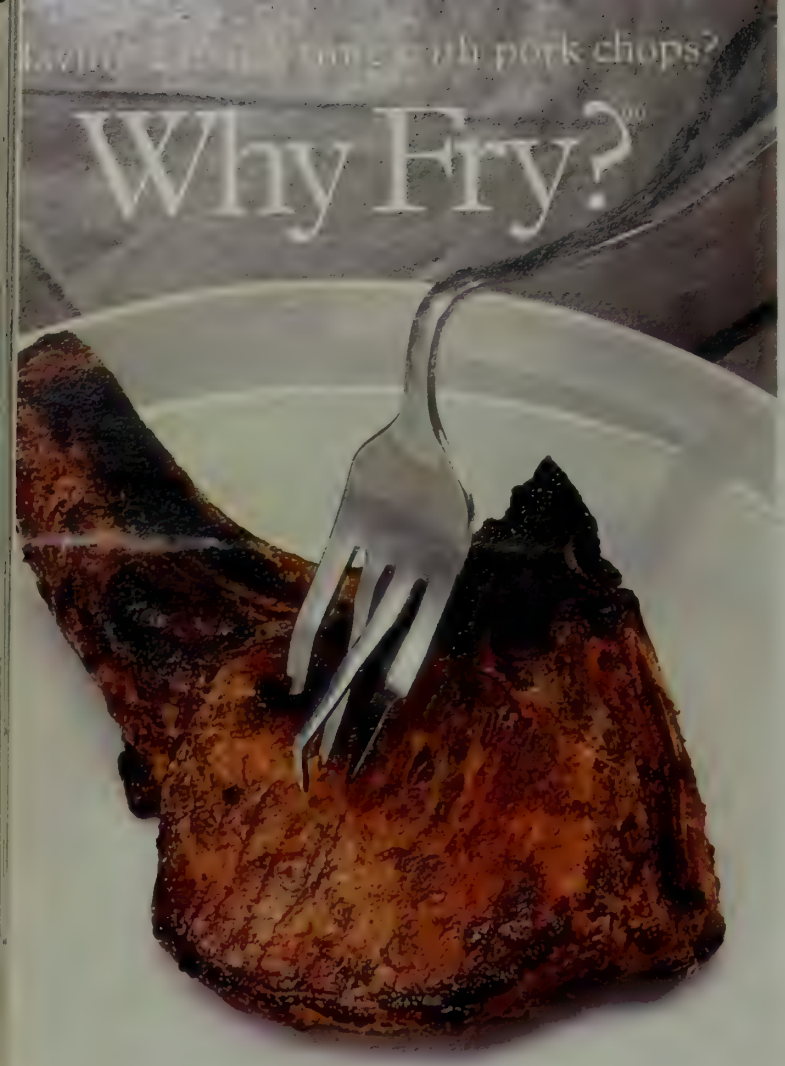
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- **If using fresh strawberries,** remove stems and caps. For frozen strawberries, thaw the berries *after* measuring; do not drain.
- **Place strawberries,** *half* at a time, in a blender container or food processor bowl. Cover; blend or process till smooth. Transfer blended berries to a large pitcher. Stir in limeade concentrate and light rum or pineapple juice. Cover; chill till serving time.
- **Just before serving, stir in** the lemon-lime beverage and the ice. Garnish with whole berries, if desired. Makes 8 to 12 servings.

Nutrition facts per serving: *144 cal., 0 g total fat, 0 mg chol., 8 mg sodium, 24 g carbo., 3 g fiber, 1 g pro. Daily Value: 0% vit. A, 110% vit. C, 2% calcium, 3% iron.*

CHOCOLATE-DIPPED BERRIES

Make sure that your strawberries are completely dry before dipping or the chocolate or coating may clump. Dip berries no more than 2 hours before serving—

Vanilla-flavored candy coating (at least 2 oz.)
Fresh strawberries, rinsed and patted dry
Semisweet chocolate *or* chocolate-flavored candy coating (at least 2 oz.)

- **In a small saucepan melt** the vanilla candy coating over low heat, stirring constantly. Remove from heat. Holding a berry by its green cap, dip a portion of the berry into the melted vanilla coating. Let excess coating drip off berry; place on a baking sheet lined with waxed paper. Let dry. Working quickly, repeat with more berries.

CELEBRATE SUMMER RECIPES

continued from page 168

SIMPLE DESIGNER FROSTING

1 16-oz. can milk chocolate frosting *or* vanilla frosting
2 Tbsp. strong coffee *or* coffee liqueur, kirsch, amaretto, orange liqueur, *or* milk
Food coloring (optional)

- **For mocha frosting, combine** the milk chocolate frosting and coffee or coffee liqueur. If needed, add more liquid to make of piping or spreading consistency.
- **For cherry, amaretto, orange,** or vanilla frosting, combine vanilla frosting with kirsch, amaretto, orange liqueur, or milk. If needed, add more liquid to make of piping or spreading consistency. Makes 2 cups frosting.

Nutrition facts per 2 teaspoons mocha frosting: *38 cal., 2 g total fat (1 g sat. fat), 0 mg chol., 16 mg sodium, 6 g carbo., 0 g fiber, 0 g pro. Daily Value: 0% vit. A, 0% vit. C.*

STRAWBERRY DAIQUIRI PUNCH

6 cups fresh *or* frozen unsweetened strawberries
1 6-oz. container frozen limeade concentrate
¾ cup light rum *or* unsweetened pineapple juice
1 16-oz. bottle lemon-lime carbonated beverage, chilled
2 cups ice cubes
Fresh strawberries (optional)





● **In a large mixing bowl combine** peaches and blueberries. Add spread or preserves mixture and gently toss to combine; set aside.

● **In a medium mixer bowl beat** cream cheese, brown sugar, and vanilla with an electric mixer on medium-high speed till fluffy.

● **To assemble pastries,** with a serrated knife, cut pastry hearts in half horizontally. Spread each of the bottom halves with about *1 teaspoon* cream cheese mixture. Top each with a spoonful of fruit mixture and a pastry top. Serve immediately or cover and chill for up to 4 hours. Just before serving, dust with powdered sugar. Makes about 45 pastries.

Nutrition information per pastry heart: *82 cal., 5 g total fat (1 g sat. fat), 6 mg chol., 57 mg sodium, 8 g carbo., 0 g fiber, 1 g pro. Daily Value: 3% vit. A, 1% vit. C, 1% calcium.*

SEND US YOUR BEST ENTERTAINING TIPS

The food editors of *Better Homes and Gardens*® magazine invite you to send us your most helpful entertaining tips. We're looking for clever ideas that make entertaining easier, allowing the host or hostess more time to relax and enjoy the occasion. We will pay $25 for each published tip. Please send your tips to The Clever Cook, *Better Homes and Gardens* magazine Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters will become the property of *Better Homes and Gardens* magazine.

● **In another small saucepan** melt chocolate over low heat, stirring constantly. Dip additional strawberries in melted chocolate. Or, for double-dipped berries, dip the dry, vanilla-coated berries in the melted chocolate, leaving part of the vanilla coating showing. Let dry. Chill.

Nutrition facts per large berry: *108 cal., 6 g total fat (4 g sat. fat), 0 mg chol., 1 mg sodium, 16 g carbo., 1 g fiber, 0 g pro. Daily Value: 0% vit. A, 29% vit. C, 1% calcium, 1% iron.*

QUEEN OF HEARTS PASTRIES

1 17¼-oz. pkg. frozen puff pastry (2 sheets)
⅓ cup peach *or* apricot all-fruit spread *or* preserves
1 tsp. finely shredded lemon peel
1 cup peeled and finely chopped peaches (about 2)
1 cup blueberries
1 8-oz. pkg. cream cheese, softened
¼ cup packed brown sugar
1 tsp. vanilla
Powdered sugar

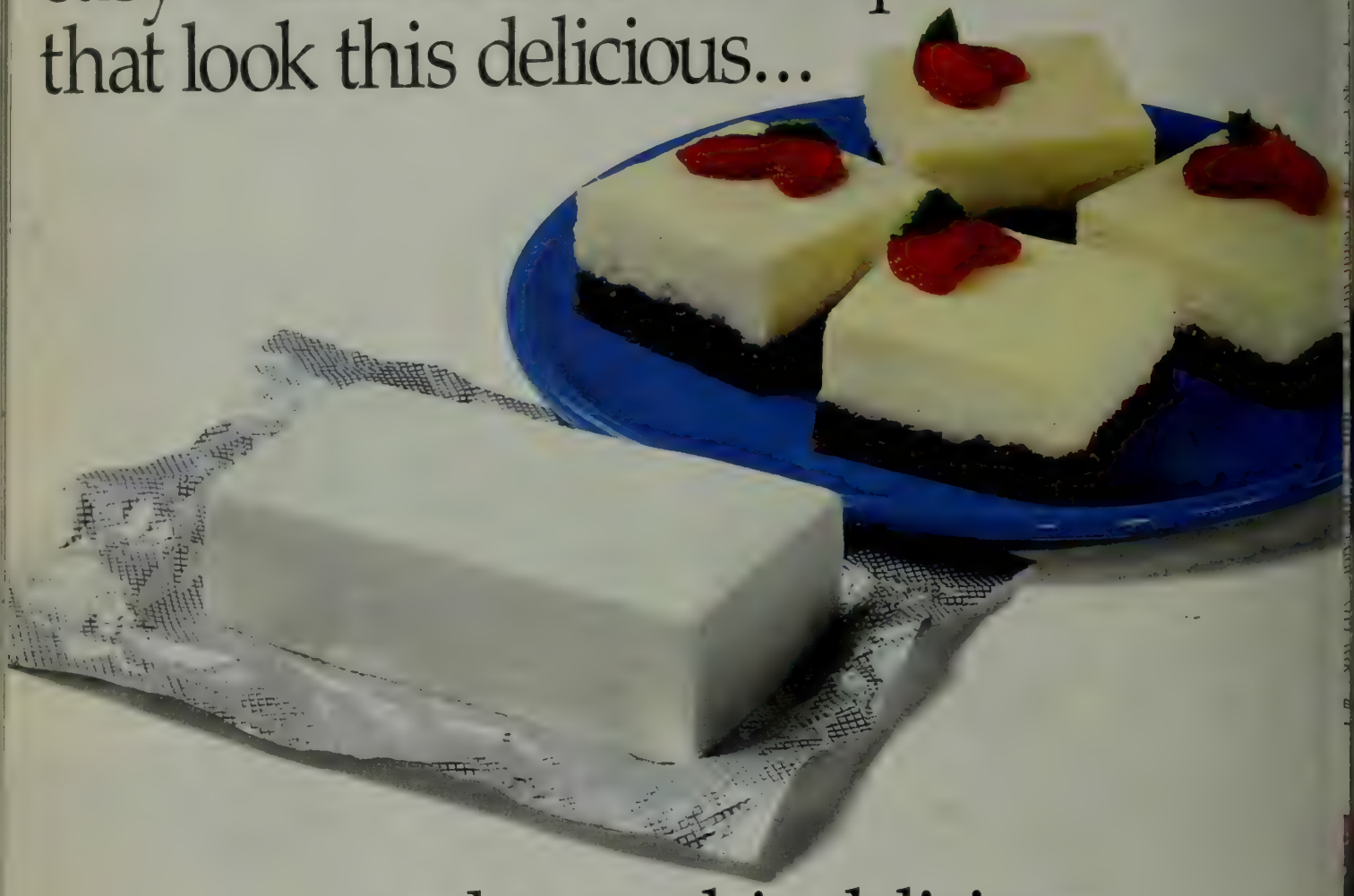
● **Thaw and unfold** puff pastry sheets onto a lightly floured surface. Using a floured, 2-inch heart-shaped cookie cutter or a sharp small knife and a heart pattern, cut pastry into about 45 heart shapes (do not reroll scraps). Place pastry hearts on an ungreased baking sheet.

● **Bake in a 375° oven** for 10 to 12 minutes or till puffed and golden. Cool on a wire rack. If desired, store, tightly covered, at room temperature for up to 12 hours.

● **In a small saucepan** combine fruit spread or preserves and lemon peel. Heat and stir till melted; cool.



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Easy Cream Cheese Fruit Squares

(Makes about 24 squares)

- 1 cup sugar, divided
- ⅓ cup butter
- 1½ cups graham cracker crumbs
- 3 packages (8 oz. each) cream cheese
- 4 eggs
- 1 tsp. vanilla extract
- 1 (21 oz.) can blueberry filling or topping

Preheat oven to 325°F. To prepare crust: In a medium saucepan place ¼ cup sugar and butter; heat until butter is melted, stirring occasionally. Stir in graham cracker crumbs; press mixture evenly over the bottom of a 13x9-in. baking pan. In a large bowl with an electric mixer beat cream cheese until smooth. Gradually beat in remaining ¾ cup sugar. Beat in eggs, one at a time, and vanilla, until well blended. Spoon blueberry filling evenly over crust. Carefully pour cream cheese mixture over blueberries. Bake just until set, 45 to 50 minutes. Cool. Chill until cold, about 2 hours or longer. Cut into 24 squares. Serve garnished with strawberry halves or mint leaves, if desired.



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PRIZE TESTED RECIPES®

STUFFED SPUDS

File under Vegetables
June, 1993



$200 WINNER *Marilee Baas, Hales Corners, Wis.*

CHICKEN FAJITA POTATO

A chicken fajita mixture becomes a topper for potatoes in this Mexican-style main dish—

4 large baking potatoes (2 lb.)
1 medium red *or* green sweet pepper, cut into bite-size strips
1 small onion, chopped (¼ cup)
2 Tbsp. margarine *or* butter
1 Tbsp. taco seasoning mix*
6 oz. cooked chicken breast, cut into bite-size strips
½ cup shredded cheddar cheese
½ cup shredded Monterey Jack cheese (2 oz.)
1 2¼-oz. can sliced pitted ripe olives, drained
2 Tbsp. canned diced green chili peppers
1 cup salsa
Dairy sour cream, guacamole, and salsa (optional)

Scrub potatoes with a brush. Pat dry. Prick skins with a fork. Place potatoes in a microwave-safe 9-inch pie plate. Cover with waxed paper. Micro-cook on 100% power (high) for 15 to 18 minutes or till tender, turning dish twice.

Meanwhile, in a medium saucepan cook sweet pepper and onion in hot margarine or butter over medium heat till tender. Add taco seasoning mix. Cook and stir for 1 minute. Remove from heat. Stir in chicken, cheeses, olives, and chili peppers. Cut a lengthwise slit in the top of each potato. Press potatoes open. Divide chicken mixture among potatoes. Spoon *¼ cup* salsa over each. Cover; cook on high 5 to 7 minutes or till heated through. Serve with sour cream, guacamole, and salsa, if desired. Serves 4.

**Note:* Stir any leftover taco seasoning mix into ground beef for tacos.

***Nutrition facts per serving:** 461 cal., 16 g total fat (7 g sat. fat), 57 mg chol., 763 mg*

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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

ICE CREAM DELIGHTS

File under Desserts
June, 1993



$200 WINNER *Hyacinth Rizzo, Snyder, N.Y.*

PEANUTTY ICE-CREAM PIE

A crunchy peanut crust is one secret to Hyacinth's peanut-butter-swirled ice-cream pie—

1½ cups coarsely ground peanuts
3 Tbsp. margarine *or* butter, melted
2 Tbsp. sugar
¼ cup flaked coconut
¼ cup light corn syrup
¼ cup peanut butter
3 Tbsp. chopped peanuts
1 quart vanilla ice cream
Chopped candy-coated milk chocolate pieces *or* peanuts (optional)

Lightly grease a 9-inch pie plate. In a medium mixing bowl combine ground peanuts, margarine or butter, and sugar. Press mixture firmly onto bottom and up sides of the pie plate. Refrigerate for 15 minutes. For filling, in a small mixing bowl combine coconut, corn syrup, peanut butter, and the 3 tablespoons chopped peanuts. Place ice cream in a large chilled bowl; stir ice cream just to soften. Stir in the peanut mixture just till combined. Spoon into chilled crust. If desired, sprinkle chopped chocolate pieces or peanuts atop pie. Cover; freeze till firm (about 5 hours). Remove from freezer and let stand 10 minutes before cutting into wedges. Makes 8 servings.

***Nutrition facts per serving:** 420 cal., 31 g total fat (9 g sat. fat), 30 mg chol., 149 mg sodium, 28 g carbo., 3 g fiber, 12 g pro. Daily Value: 15% vit. A, 15% calcium.*

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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

ICE CREAM DELIGHTS

File under Desserts
June 1993



$100 WINNER *Pamela B. Fisher, Randallstown, Md.*

MOCHA FUDGE SWIRL ICE CREAM

This coffee-flavored chocolate ice cream is swirled with fudge ribbons of homemade chocolate sauce—

- **1 recipe Hot Fudge Sauce *or* 1 cup purchased chocolate fudge ice-cream topping**
- **3 beaten eggs**
- **2 cups milk**
- **1 cup sugar**
- **3 Tbsp. unsweetened cocoa powder**
- **1 to 2 Tbsp. instant coffee crystals**
- **2 cups half-and-half *or* light cream**

Prepare Hot Fudge Sauce, if desired. Cool to room temperature. In a medium saucepan combine eggs and milk. Stir in sugar, cocoa powder, and coffee crystals. Cook and stir over medium heat till mixture coats a metal spoon (about 5 minutes). Stir in half-and-half or light cream. Cool. Freeze in 4- to 5-quart ice-cream freezer according to manufacturer's directions. Remove ice-cream paddle. Stir in *1 cup* Hot Fudge Sauce or ice-cream topping just till swirled. Serve with additional Hot Fudge Sauce, if desired. Makes about 3 quarts (24 servings).

Hot Fudge Sauce: In a small saucepan melt 2 squares (2 ounces) *unsweetened chocolate* and ¼ cup *margarine* or *butter* over low heat, stirring constantly. Stir in 1 cup *sugar* and ⅓ cup *unsweetened cocoa powder* till nearly smooth. Stir in one 5-ounce can (⅔ cup) *evaporated milk.* Heat and stir till smooth. Stir in ½ teaspoon *vanilla.* Store, covered, in the refrigerator for up to 3 weeks. Makes 1½ cups.

Nutrition facts per ½-cup serving: *127 cal., 6 g total fat (3 g sat. fat), 40 mg chol., 44 mg sodium, 17 g carbo., 0 g fiber, 3 g pro. Daily Value: 8% vit. A, 10% calcium, 3% iron.*

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BETTER HOMES AND GARDENS TEST KITCHEN®

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File under Vegetables
June, 1993



$100 WINNER *Patricia J. Daley, Akron, Ohio*

DILLY CABBAGE POTATOES

Patricia adapted an Irish dish made of mashed potatoes, onion, and cabbage (called colcannon), and turned it into a stuffed potato. Try it with barbecue chicken—

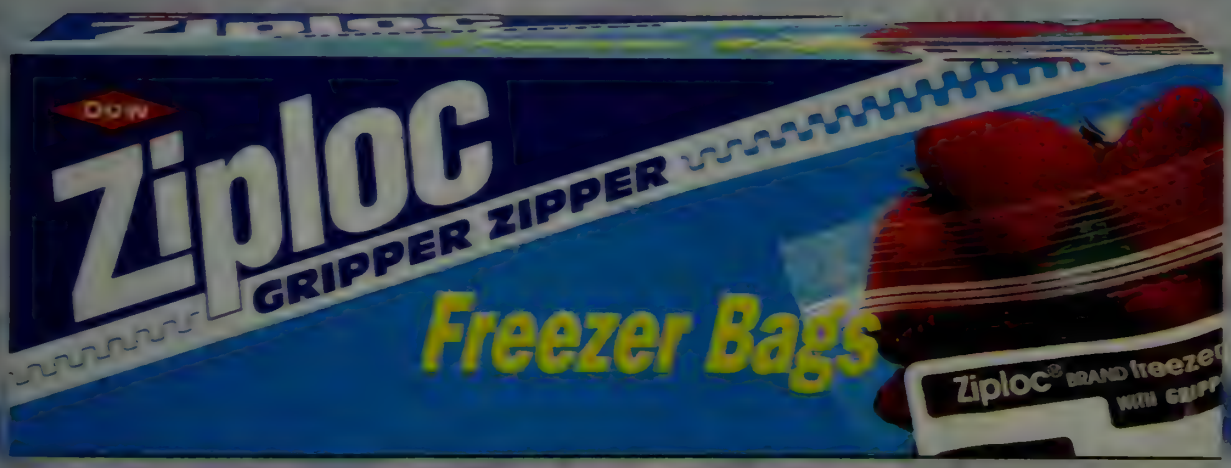
- **4 large baking potatoes (2 lb.)**
- **3 cups shredded cabbage**
- **½ cup chopped onion**
- **1 Tbsp. olive oil *or* cooking oil**
- **¼ cup water**
- **1 Tbsp. soy sauce**
- **½ tsp. dillseed**
- **2 Tbsp. margarine *or* butter**
- **1 tsp. lemon juice**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **2 to 4 Tbsp. milk**
- **Dairy sour cream (optional)**
- **Snipped fresh dill *or* chives (optional)**

Scrub potatoes with a brush. Pat dry. Prick skins with a fork. Bake in a 425° oven for 40 to 60 minutes or till tender. Meanwhile, in a medium saucepan cook cabbage and onion in hot oil for 5 minutes. Add water, soy sauce, and dillseed; bring to boiling. Simmer, covered, about 10 minutes. Cut a thin lengthwise slice from the top of *each* potato. Using a spoon, gently scoop out pulp leaving a ¼-inch-thick shell. In a medium bowl mash potato pulp; stir in margarine or butter, lemon juice, salt, and pepper. Stir in cabbage mixture. Add milk to desired consistency. Spoon mixture into shells. Place potatoes in a shallow baking pan. Bake, uncovered, in a 425° oven for 15 minutes or till heated through. To serve, top with sour cream and snipped dill or chives, if desired. Makes 4 side-dish servings.

Nutrition facts per serving: *332 cal., 10 g total fat (2 g sat. fat), 1 mg chol., 488 mg sodium, 57 g carbo., 6 g fiber, 6 g pro. Daily Value: 10% vit. A, 81% vit. C, 6% calcium.*

Photographs: Scott Little

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PRIZE TESTED RECIPES® CONTEST!

TWO $200 WINNERS • TWO $100 WINNERS
SIX HONOR ROLLS
ALL WINNERS RECEIVE RUBBERMAID DINNERWARE

How would you like to win cash or products for your home? Send your original recipes to our Prize Tested Recipes Contest. Each month, we ask you to send us recipes that fit the two recipe categories. Seven months later, we feature the four top recipes on the Prize Tested Recipes pages.

THIS MONTH'S WINNERS

(see pages 175 and 176)

All winners received Gloria Jean's coffee products.

$200 Winners: Marilee Baas, *Hales Corners, Wis.*
Hyacinth Rizzo, *Snyder, N.Y.*

$100 Winners: Pamela B. Fisher, *Randallstown, Md.*
Patricia J. Daley, *Akron, Ohio*

Honor Roll Winners: Farah Ahmed, *Sunnyvale, Calif.;* Sarah Beversdorf, *Whitmore Lake, Mich.;* Sheri Blanks, *Richmond, Va.;* Jacqueline McComas, *Frazer, Pa.;* Cynthia Pfannenstiel, *Ogallah, Kans.;* Lisa Stapor, *Wales, Wis.*

HINTS FOR THIS MONTH'S CATEGORIES

Best-Ever Bar Cookies: Whether your cookies are rich and chewy or healthful and cake-like, we're looking for a new twist on old-fashioned bar cookies. Are your favorite bars chocolaty, fruit filled, nutty, or nice and spicy?

Easy Chicken Dinners: When your family is hungry and they're craving chicken, what do you fix? Do you grab a few off-the-shelf ingredients for a chicken casserole or skillet dinner? Do you fix up a frozen chicken product?

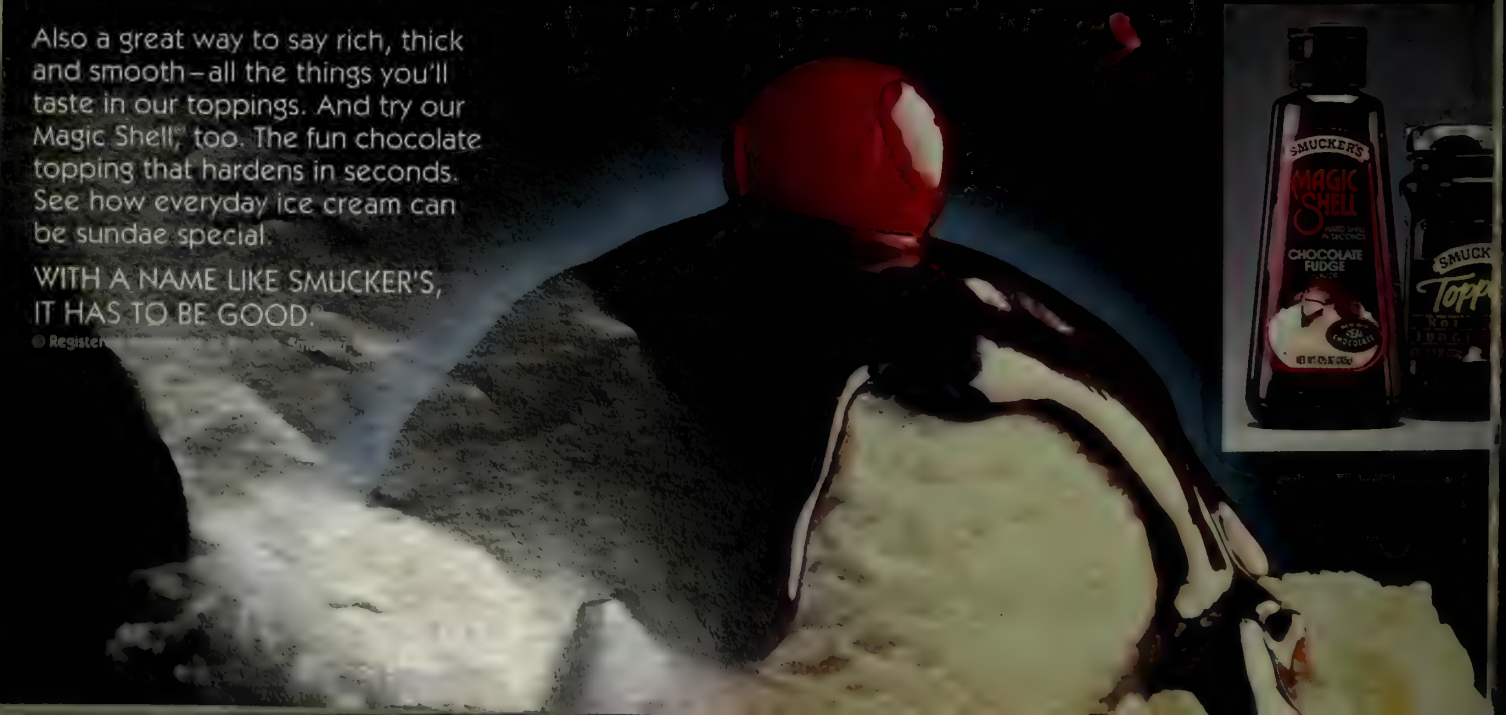
CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. **2.** With each entry, print your name, address, and recipe marked "January Best-Ever Bar Cookies" or "January Easy Chicken Dinners." Specify brands and recipe origin. **3.** Address recipes to 9401 Food Department, Better Homes and Gardens, Des Moines, IA 50309-3023. **4.** Postmark all entries by June 30, 1993. **5.** Winners will be selected about 60 days later, then notified by mail. **6.** Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. **7.** Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes. BH&G

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The Heart of the Home

EATING a kitchen that's right for you can be as simple as
osing appliances that fit your lifestyle. INTRODUCING: New
idaire appliances with UltraStyle design—crafted to make your
ter, more efficient and more beautiful.



LUS
Special Offer
the NEW 16-page
TCHEN DESIGN GUIDE—
clusively from
gidaire
d a chance to
IN the
ITCHEN OF
OUR DREAMS

Whether your kitchen is a cozy, quiet corner or more like Grand Central Station, it is the heart of your home. And Frigidaire, with 75 years of experience, is the heart of the kitchen. Here's how the new Frigidaire can help your kitchen look, live and work better.

Designed for any decor, the new Frigidaire with UltraStyle design offers a full line of people-friendly appliances that showcases a new and exciting style statement. The gently rounded curves and smooth, flowing lines of these appliances blend effortlessly with any decor—country, traditional, contemporary or eclectic—to create a neutral backdrop on which you can add the elements of your personality through the choice of accents.

FRIGIDAIRE
BUILT FOR GENERATIONS™

OUR KITCHEN:

The Heart of yo



The unique curved-edge styling of Frigidaire appliances with UltraStyle design flows into surrounding cabinetry and blends with any kitchen style.



New looks without a lot of work

The visual appeal of appliances is important in every kitchen. That's why installing just one Frigidaire appliance can create a new look instantly. UltraStyle fits in, whether you replace your appliances one at a time or outfit a new kitchen with the full line.

Like appliances, cabinets, countertops and flooring should be chosen carefully. Classic designs and neutral colors will last for decades. Use these as the base of your design, then change styles or update the look of your kitchen periodically by changing the wall color, floor covering and your favorite accessories.



The variable-crushed ice and chilled water dispenser offers six kinds of ice; finely crushed to crescent shapes.

Cabinets: Schrock Handcrafted Cabinetry

Home

Getting started on your dream kitchen

Designing your own kitchen can be an exciting exercise in self-discovery. Get out your pencil and paper and start planning.

1. **List your dreams.** Write down everything about every kitchen idea you've ever liked. Include magazine clippings, color swatches and other bits of inspiration.

2. **List your needs.** Take inventory of your lifestyle. Do you have enough cabinet space? Is your refrigerator too crowded? Do you spend a lot of time cleaning up? Is your kitchen too dark?

3. **Choose a floor plan that's right for you:** *L-shaped:* Forms a natural triangle. Protects the cook from cross traffic. *Corridor:* Space-efficient but prone to traffic jams. *Island:* Requires a big kitchen but serves a variety of needs. *Peninsula:* Good for routing traffic and defining informal dining area.

The next step

Once you've established your priorities, take your lists to a contractor, architect or kitchen and bath designer. And don't forget to stop by your local Frigidaire dealer. Regardless of who designs or remodels your kitchen, you will have to select the appliances, and that's where Frigidaire makes your task easy. You'll be amazed at how these appliances fulfill all your kitchen dreams and needs.

What is UltraStyle design?

People don't have sharp corners; appliances shouldn't either. Eliminating the edges, corners and creases also eliminates traps for dirt and grease. The rounded edges blend in better with all decors. These smooth edges showcase fine craftsmanship, and the superior attention to detail on the outside is but a prelude to the high-quality engineering on the inside.

Products that work for you

The new Frigidaire with UltraStyle design is built for the way you live today. Frigidaire's leadership in people-focused designs has but one goal: to make your life better by making your kitchen tasks easier, more convenient and less time-consuming. Here's how:

Refrigerators

With roomy and fully adjustable interiors, Frigidaire top-freezer and side-by-side refrigerators allow you to store and retrieve food easily. Seamless designs, inside and out, make cleaning easier and less necessary. And Frigidaire's commitment to energy-efficient designs and reduced-CFC insulation leads the field in environmental excellence.

Ranges

For precise cooking performance on demand throughout their long lives, you can't beat Frigidaire's electric ranges. The smooth cooktops and upswept designs eliminate cracks and crevices that trap food and grease. Frigidaire also offers a full complement of gas ranges with European-style sealed burners for easy cleaning. In addition, you'll find a full line of built-in wall ovens and electric and sealed burner cooktops that fit nine out of 10 existing appliance cutouts.

Dishwashers

With Frigidaire's new UltraPower™ wash system you will never need to pre-rinse again. Powerful rinsing jets surge water through the dishwasher to remove even the toughest baked-on foods. A food disposer chops up debris and sends it down the drain. A super-fine filter ensures that only the cleanest water ever touches your dishes. Frigidaire's dishwashers not only work hard, they look good too, because the sleek UltraStyle design blends with any kitchen design, no matter what your style.

Microwave ovens

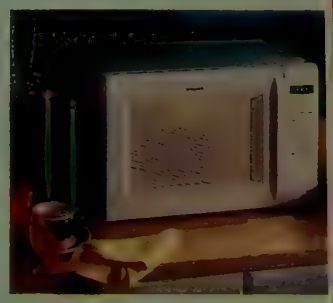
From popcorn to roast beef, Frigidaire microwave ovens take the guesswork out of cooking. A unique 1,000-watt power system, a browning element and a turntable ensure you handle every cooking chore with tasty results. Your meals cook up to 25 percent faster than in conventional microwave ovens. The UltraStyle design with curved edges creates a distinctive look that complements any decor. Models are available in three sizes and in an over-the-range design including a range hood.



Frigidaire ranges are available with halogen elements which provide instant heat and precise cooking control.



When you buy a Frigidaire dishwasher with UltraPower, you have our Clean and Quiet Promise—that means if your new dishwasher doesn't clean better and quieter than your old one, we'll refund your money. See your dealer for details.



Frigidaire microwave ovens, with 1,000 watts of cooking power, heat food up to 25 percent faster than standard 750-watt ovens.

Whatever your style, budget and space, new Frigidaire appliances with UltraStyle design can help make your kitchen the heart of your home.

HEART OF THE HOME SWEEPSTAKES

WIN THE KITCHEN OF YOUR DREAMS

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163 Winners Nationwide!

Enter the Heart of the Home Sweepstakes and win a brand-new kitchen! To enter, simply complete and mail the entry form below, or pick up an entry form from your nearest Frigidaire dealer. For the Frigidaire dealer nearest you, call 1-800-451-7007.



SEND FOR YOUR FREE KITCHEN DESIGN GUIDE

Let Frigidaire help you create the kitchen of your dreams with a helpful new booklet, full of beautiful photography and informative kitchen design and planning tips.

Order your free Kitchen Design Guide from Frigidaire today, to help you plan your kitchen of tomorrow. This information-packed guide will help you create a kitchen that is the heart of your home.

TO ORDER, complete the Sweepstakes entry form below, indicating that you would like to receive the Guide. Or, simply send a letter to the address below and request a Kitchen Design Guide. Please add $1.00 for postage and handling.

GRAND PRIZE
A NEW $23,000 KITCHEN!
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- 12 Schrock Kitchen Cabinets
- $5,000 Decorating Allowance
- Consultation with an Editorial Representative from Meredith Corporation, Publisher of *Better Homes and Gardens®* magazine and other popular titles.

FOUR FIRST PRIZES
New Frigidaire Top-Freezer Refrigerators
(One Refrigerator per region, see breakdown below)

FOUR SECOND PRIZES
New Frigidaire Self-Cleaning Ranges
(One Range per region, see breakdown below)

FOUR THIRD PRIZES
New Frigidaire Dishwashers
(One Dishwasher per region, see breakdown below)

PLUS 150 OTHER PRIZES
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SEND YOUR SWEEPSTAKES ENTRY FORM TODAY

☐ **YES!** Enter me in the Frigidaire Heart of the Home Sweepstakes!

☐ **YES!** Send me my free copy of the Frigidaire Kitchen Design Guide! I have enclosed $1.00 for postage and handling.

Name .....

Address .....

City .....

State ..... ZIP .....

Phone .....

Clip out and mail to:
FRIGIDAIRE
HEART OF THE HOME
P.O. Box 5238, Clinton, IA 52736

SWEEPSTAKES RULES

1 NO PURCHASE NECESSARY.

2. To enter, complete the form at left, OR print your name, address and daytime phone number and the words HEART OF THE HOME with FRIGIDAIRE on an index card and mail to: FRIGIDAIRE SWEEPSTAKES, P.O. Box 5238, Clinton, IA 52736. All entries must be postmarked by July 31, 1993, and received by August 7, 1993.

3. No responsibility is assumed for late, lost or misdirected entries. One entry per envelope.

4. Winners will be selected in a random drawing from all eligible entries received, under the supervision of Meredith Corporation whose decisions are final, on or about August 15, 1993.

5. PRIZES: ONE GRAND PRIZE of a complete kitchen, including new Frigidaire refrigerator, range, microwave and dishwasher, including a $1,500 installation allowance; 12 cabinets from Schrock, including installation; consultation with a Meredith editor; and a $5,000 decorating allowance. Total retail value approximately $23,750. 4 FIRST PRIZES (one per region), Frigidair refrigerator (retail value $1,000 each). FOUR SECOND PRIZES (one per region), Frigidaire range (retail value $800 each). FOUR THIRD PRIZES (one per region), Frigidaire dishwasher (retail value $520 each). 25 FOURTH PRIZES, *Better Homes and Gardens® New Cook Boo* hardcover edition, (retail value $22.95 each). 50 FIFTH PRIZES: *Better Homes and Gardens® New Cook Book*, softcover edition, (retail value $14.95). 75 SIXTH PRIZES: *Better Homes a Gardens® Making Your Kitchen Store More* video, (retail value $12.95). Only one prize per household. No substitutions will be allowed in lieu of prize. Odds of winning depend on the number of entries received.

6. All entries become the property of Frigidaire. If requested, the Grand Prize Winner must consent to the use of his/her name, new kitchen, hometown and/or likeness for promotion and/or advertising purposes without further compensation.

7. The sweepstakes is open only to residents of the United States, 21 years of age or older. Employees of Meredith Corporation, Frigidaire and Schrock, and the families of each, their affiliated companies, advertising agencies or judging agency are not eligible to enter. Void where prohibited or restricted by law or taxed. Federal, state and local laws apply. All applicable taxe are the sole responsibility of the individual prizewinners.

8. For a list of prizewinners, send a stamped, self-addressed envelope to Frigidaire Heart of th Home Winners' List, P.O. Box 8100, Clinton, IA 52736. REGIONAL BREAKDOWN for awards: **West:** WA, OR, CA, MT, ID, NV, UT, AZ, AK, HI. **South:** WY, CO, NM, TX, OK, AR, LA, MS, AL, TN, GA, FL, NC, SC, VA. **Midwest:** ND, SD, NE, KS, MN, WI, IA, MO, MI, IL, IN, KY, OH, WV, PA (western half), NY (western half). **East:** ME, VT, NY (eastern half), PA (eastern half), NH, MA, CT, DC, DE, MD, NJ, RI.

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SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

ON OUR COVER

Adirondack chair—Coppa Woodworking Inc., 1231 Paraiso Ave., San Pedro, CA 90731.

THE OUTDOOR LIVING ROOM

Page 21: Paint—Pratt and Lambert, 75 Tonawanda St., Box 22, Buffalo, NY 14240. **Striped pillows**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 96161-0020.

Pages 22–23: Wicker furniture—World of Wicker, 5830 Sepulveda Boulevard, Van Nuys, CA 91411.

Pages 24–25: Siding—CertainTeed Corp., Building Products Group, P.O. Box 860, Valley Forge, PA 19482. **Checkered pillows, floor matting**—Pier 1 Imports (address above).

Page 26: Sofa, chair fabric—Full Swing Textile Collection, Inc., 474 Thames St., Newport, RI 02840. **Cushion fabrication,** Cheryl Emery—Nantucket Sewing Center, 25-39 Main St., Nantucket, MA 02554. **Mosquito netting**—Nantucket Sewing Center, 25-39 Main St., Nantucket, MA 02554. **Faux sisal runner**—Gail Sharretts & Assoc., Nantucket, MA 02554. **Rattan furniture painted finish**—D.A.D. Designs, 159 W. 53 St., Suite 37D, New York, NY 10019.

WESTERN STYLE ROUNDUP

Page 119: Chair, ottoman, round table—The Lane Co., P.O. Box 151, Altavista, VA 24517-0151.

Page 120: Adirondack costumer—Tell City Chair, P. O. Box 369, Tell City, IN 47586. **Dining room furniture, accessories**—The Lane Co., P.O. Box 151, Altavista, VA 24517-0151.

Page 121: Buffalo light, "Wildlites"—Swing, Endicott St., Building 32, Norwood, MA 02062. **Bedroom furniture**—The Lane Co., P.O. Box 151, Altavista, VA 24517-0151.

Page 122: Chair—Milling Road, a Div. of Baker Ind., 329 N. Hamilton St., High Point, NC 27260. **Nightstand**—Lexington Furniture Ind., P. O. Box 1008, Lexington, NC 27293-1008. **Birch lamp**—Lady Slipper Designs, Box 556, Rt. 3, Bemidji, MN 56601.

Page 123: Sofa, accessories—Lineage Home Furnishings Inc., P.O. Box 11188, High Point, NC 27265. **Pillows**—Eastern Accents, 954 W. Washington Blvd., Chicago, IL 60607; 800/397-4556.

Page 125: Blanket chest—Bassett Furniture Inc., Box 626, Bassett, VA 24055. **Socket cover, metal sculpture**—Patrick Charles Imports, Ltd., 1290 Powell St., Number 13, Emeryville, CA 94608. **Cowboy pillow**—Rags Home Furnishings; 800/356-9268.



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CELEBRATE SUMMER

Page 133 (*bottom left*): Gold-edged oval platter, "Chancellor"—Noritake; 800/562-1991. **Glass sauce dish**—Williams-Sonoma, P.O. Box 7456, San Francisco, CA 94120-7456; 800/541-2233. **White basketweave platter**—Bullock's, 10250 Santa Monica Blvd., Century City, CA 90067. **(*Top right*): Pine table**—The Antique Guild, 8800 Venice Blvd., Los Angeles, CA 90034. **Flatware,** "Stonehenge"—The Pottery Barn; 800/922-5507.

Pages 134–135 (*bottom left*): Fork, "Stonehenge"—The Pottery Barn; 800/922-5507. **Star plate,** "Stars and Stripes"—Hartstone, Inc., P.O. Box 2626, Zanesville, OH 43702. **Branding iron**—The Antique Guild (address above). **Flatware,** "Stonehenge"—The Pottery Barn 800/922-5507. **Basket,** Palacek, P.O. Box 225, Richmond, CA 94808. **(*Top center*): Redwood buffet plate**—Selandia Designs, P.O. Box 801447, Santa Clarita, CA 91380; 800/347-3400. **Flatware,** "Stonehenge"—The Pottery Barn; 800/922-5507.

Pages 136–137 (*left*): Glass pitcher—Crate & Barrel; 800/323-5461. **Glass sauce dish**—Williams-Sonoma (address above). **White dish,** "Strawberry and Vine"—Wedgwood USA, Inc. 41 Madison Ave., New York, NY 10010.

Page 139: Round floral pattern plate, "Rosemead"—Mikasa, 30 W. 23rd St., New York, NY 10010.

PRIZE TESTED RECIPES®

Page 175 (*right*): Cup—Crate & Barrel, P.O. Box 9059, Wheeling, IL 60090; 800/323-5461. **(*Left*): Plate**—Castellana Dinnerware, Pier 1 Imports, P. O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **Glass**—Mila International Corp., P.O. Box 250187, Atlanta, GA 30325. **Fork,** "Taos"—available at Dillards Dept. Stores, Phoenix, AZ 85281.

Page 176 (*right*): Glass, "Monaco"—Anchor Hocking Glass Corp., Barbara Wolf, Box 600, Lancaster, OH 43130. **(*Left*): Ice cream cups**—Community Kitchens; 800/535-9901.

DIRECTORY OF ARCHITECTS, DESIGNERS

CIRCUS, CIRCUS!

Pages 32–43: Designer—Phyllis Dunstan.

THE OUTDOOR LIVING ROOM

Pages 24–25: Designer—Stephen N. O'Brien, The H. Chambers Co., 1010 N. Charles St., Baltimore, MD 21201.

Page 26: Designer—Holly P. McGowan, Coastal Designs, 97 Hummock Pond Rd., Nantucket, MA 02554.



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The new Chevy 1993 S-Blazer LT. ■ MORE POWER. Now you can have the option of breakthrough 200-horsepower V-6 engine. And that's more power than any Ford Explor

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STATE FAIRS

Step right up, folks. Break a balloon; three darts for a buck. Ride a Thunder Bolt. Invest in a slicer and dicer. Feast on corn dogs. See today's hottest stars.



State fairs have changed over the years along with people's interests. Today's visitors are as likely to dangle from a bungee cord or sing karaoke as they are to enter their prize pumpkin. Even concessionaires keep up with evolving tastes. Besides such old standbys as cotton candy, you can munch on fajitas, nachos drenched in cheese, oriental stir-fries, and frozen yogurt. Along the midway, barkers hustle you to throw three balls and win a prize for your sweetie. Kids beg to go on the rides, and all ages like to view the fair from the top of the Ferris wheel.

Although you can still see prizewinning cows and horses, shows starring the country's hottest entertainers have broadened the appeal of state fairs beyond the barn door.

The Iowa State Fair and New England's Eastern States Exposition, known as The Big E, both offer the basics that make state fairs a hit with families. And each has carved a special niche for itself that lets you have two different experiences. To learn about other state fairs, contact the tourism department in each state.



IOWA STATE FAIR

Des Moines, Iowa
August 19–29, 1993

Begun in 1854, Iowa's annual extravaganza is considered *the* classic state fair. It even served as a model for a book and three movies. Each August, about 900,000 fairgoers gather at the 400-acre site.

Some of the most popular events reflect Iowa's agricul-

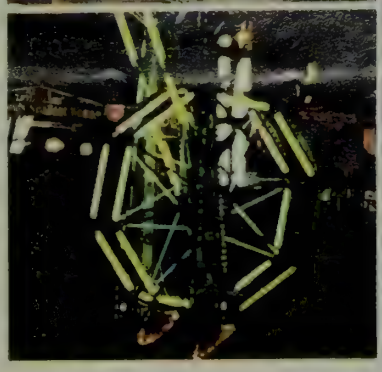
continued on page 186

BY LOIS ANNE NAYLOR









More state fairs

- **Jackson, Mississippi**
  October 6–17
  $2, $1 ages 6–11
  Magicians, clowns, log-rolling contest
  601/961-4000
- **Albuquerque, New Mexico**
  September 10–26
  $1, $2 weekends
  Indian and Hispanic villages, 15 rodeos
  505/265-1791
- **Milwaukee/West Allis, Wisconsin**
  August 5–15
  $5, free under 12
  Cream puffs
  414/266-7000
- **Louisville, Kentucky**
  August 19–29
  $5, $1 under 13
  Midway plus amusement and water parks
  502/367-5002

STATE FAIRS

tural roots. It's traditional to trek to the barns to see the state's biggest bull and boar. Tractor and truck pulls generate large crowds to watch souped up farm equipment, with names like The Terminator, compete. Visitors file past the cow sculptured from 600 pounds of butter. Many people are content to sample Iowa's finest—thick pork chops, juicy steaks, turkey drumsticks, and corn on the cob. Young and old stroll the Grand Concourse nibbling on corn dogs or funnel cakes.

Competitions still create excitement, whether you watch contestants heave dried cow pies or fiddlers try to out-strum and auctioneers out-hum each other. Numerous buildings provide an entertaining way to escape the heat while you enjoy an aquarium, photography, quilts, or snakes. Heritage Village gives youngsters a glimpse of an earlier way of life.

Presentation is everything at a fair. Why tour on a camel when you're invited to "ride the ship of the desert"? On the midway, you can pay to view Angel the Snake Girl, or Little Gloria, "the world's smallest woman, 29 tiny inches small!"

For entertainment-hungry fairgoers, the 10,000-seat grandstand hosts top national talent, with prices typically in the $12.50–$15.50 range. But you don't have to pay anything beyond the $5 gate admission (under age 12, free) to take in great shows, such as Billy Joe Royal and Bobby Vee.

Iowa State Fair, Dept. BHG, Statehouse, Des Moines, IA 50319; 515/262-3111. Summer hotline: 800/545-FAIR.



THE BIG E

West Springfield, Massachusetts
September 15–26, 1993

Rather than focus on a single state, The Big E showcases all six New England states. Nowhere is The Big E's uniqueness more apparent than on the Avenue of States, lined with replicas of each capitol. Though it's interesting to compare the variations in architecture, it's what's inside that attracts one million visitors to The Big E each year.

Even if you don't know a thing about New England when you pay your $8 admission ($6 ages 6–13 and 60 or older), the Avenue of States gives you a delicious taste of each state. You'll learn that New Hampshire is noted for its blueberry pie with ice cream. Vermont features apple pie with a thick slab of cheddar cheese, and they put maple flavoring in everything from mustard to vinegar. Long lines form outside the Maine structure for their gargantuan baked potatoes. Massachusetts offers cranberry wassail mix, potpourri, and candles, while Rhode Island indulges in quahog (clam) chili and fritters, stuffed quahogs, and clam cakes.

Most states also display regional products and tourist literature. Connecticut skips the food to promote some of its industries. Kids especially enjoy its intricate LEGO setup.

The 175-acre Big E is more compact than Iowa's fair. Still, it offers, at no extra cost, a circus, Joie Chitwood's auto thrill show, and the Storrowton Village museum complex.

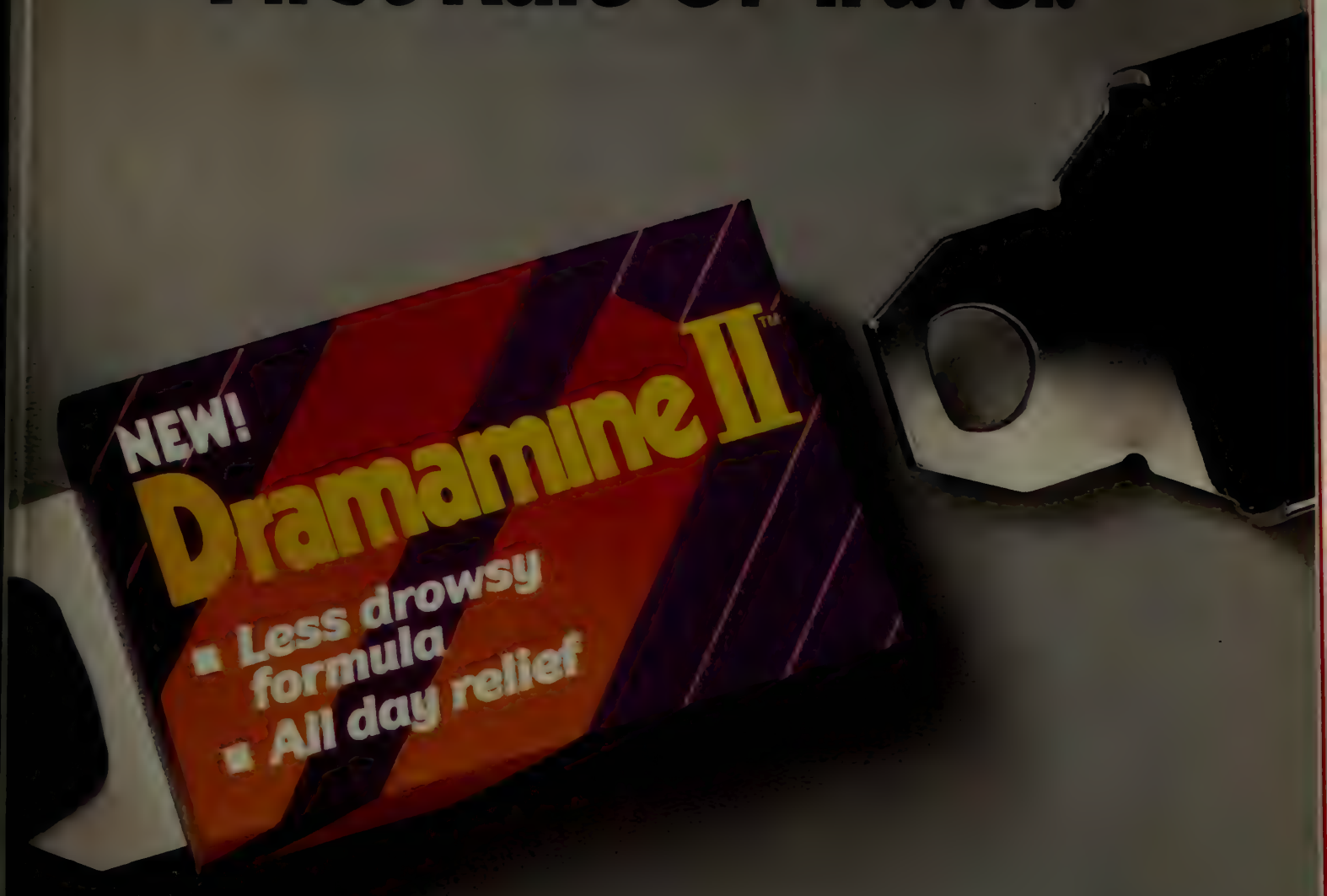
The Better Living Center features crafts, food, and items you didn't know you needed. Besides New England wares, you can buy Thai fans, Ecuadorian sweaters, and other international gems. Iced cappuccino and cannoli sell well.

Stands around the fair sell onion rings, tempura, fried dough, Greek salads, and smoked pork sandwiches. At the new Hofbrauhaus, you can join in a foot-stomping, hand-clapping show while you eat German cuisine.

The Big E offers far less entertainment than the Iowa State Fair, but you don't have to pay extra to see such headliners as George Jones, Neil Sedaka, and Marty Stuart.

The Big E, 1305 Memorial Ave., Dept. BHG, West Springfield, MA 01089; 413/737-BIGE or 787-0271.

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If your dog actually likes to sit and stay, it might be time to change his diet.

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PET UPDATE
News for animal lovers



FELINE HIGH JINKS
Control your cat

Cats have no shame: snoozing in Grandma's antique rocker, grooming themselves on the table, leaping onto counters to search for snacks. To keep Fluff in her place, you'll need to play some cat-and-mouse games of your own.

Dr. Wayne Hunthausen, an animal behavior consultant, recommends deterring your pet with methods that aren't associated with you. Otherwise, the cat will be obedient in your presence, but return to the offending behavior when you're gone. The trick is to ambush your cat in the act or make the area less attractive.

1. Hide behind furniture or a plant, and squirt Fluff with a water gun.

2. Toss a beanbag or magazine in the vicinity of your cat.

3. Prop chicken wire against furniture; cats hate the feel of it.

4. Sit on the floor near inflated balloons, popping a couple when Fluff appears. Then place balloons in areas you want your cat to avoid.

5. Tape a balloon to the floor or countertop, and tape a tack to the wall or an upright object next to the balloon. Smear the balloon with a small amount of cat food. When Fluff bats the balloon to get the food, the tack will pop the balloon.

6. Stir cayenne pepper into water; use the mixture to paint countertops and other forbidden areas. Mist plants with water, then sprinkle cayenne on the wet leaves.

7. Try a citrus deodorant spray; the smell repels cats.

8. Place a stack of empty soda cans on the counter so they'll fall over when Fluff bumps them.

Cats have no shame, but you can train them to stay off your counters and furniture. Here's how.

9. Put out double-sided carpet tape to discourage Fluff. When she wanders onto forbidden territory, her paws will get tangled in the tape.

If none of these techniques deters your pet, you may need to try a more sophisticated approach:

10. Buy a motion alarm, designed to be hung on a doorknob or window to warn of an intruder. Or, for about $70, you can purchase a device (from Radio Shack or other sources) that sets off a siren or chime every time the cat breaks a beam of light. Scraminal is one such sound device recommended by Dr. Gary Landsberg, a behavioral veterinarian. Hide the Scraminal behind an object so the cat doesn't know it's there. Scraminal is available in pet stores, or call the company, *800/762-7618.* Suggested retail price: $69.95.

RABIES ALERT
Protect your pet

Keep your distance from raccoons and other wild animals that can carry rabies, especially in the East where the disease has spread rapidly in raccoons from Florida to New England.

This outbreak is serious because, unlike most wild animals, raccoons live in suburban and even urban areas. That means they're more likely to have contact with pets and people.

Rabies is also a threat in other parts of the United States. Bats, foxes, raccoons, and skunks most frequently are reported to carry the deadly rabies virus, but any mammal, including pets and livestock, can be infected. Be particularly careful around skunks in the Midwest and northern California, dogs in the southern tip of Texas, foxes along the eastern border with Canada, and bats in all parts of the U.S.

The best defense for your pet is vaccination. Although most states require a rabies vaccination to license dogs, laws are more lax for cats. Be sure your cat is protected, too, because currently, cases of rabies in cats outnumber those in dogs.

Even if your pet is vaccinated, supervise it outdoors. No vaccine ensures 100-percent protection, and a rabid wild animal could injure your pet in a confrontation. If your pet comes in contact with a wild animal, notify your veterinarian or your local public health office.

Foaming at the mouth and aggressive behavior typify one form of the disease, but some rabid animals may appear glassy-eyed, paralyzed, or unnaturally friendly. In the early stages, animals may show no symptoms. BH&G

10 GOOD DRIVING HABITS THAT CAN SAVE YOUR LIFE



Safe driving habits should become second nature.

Driving your car often provides a deceptive sense of privacy, while in fact you are in the most public of situations: fender to fender with other drivers on roads and highways that exist to be shared. Nowhere else, according to statistical odds, are you more vulnerable to losing life and limb in the blink of an eye.

Good drivers, whose concentration on their driving never lapses, always prepare for the crash that someday may come. Buckling your seat belt, even in cars with supplementary air bags, is your most basic precaution. Here are 10 other actions that should become an integral part of your driving.

1. Turn lights on in the rain. The purpose is not to see, but to be seen. Whether or not your state law requires it, use headlights in rain and fog, at dawn and dusk, and even on gray days. If other drivers with fogged windows or poor vision have a better chance of seeing your car, they won't pull out in front of you.

2. Signal when leaving the curb. Don't suddenly become part of the traffic flow without alerting other traffic with the flashing of your turn signal. On residential streets with cars parked on either side, there's only room for one car at a time down the center lane. Don't create a head-on collision situation.

3. Use your four-way flashers. Let drivers behind you know that, for whatever the reason, you are slowing or stopping in the driving lane. The flashers are for emergencies, sure, but also for such seemingly innocent actions as double-parking to pick up someone at the railroad station. Don't get rear-ended.

4. Never trust traffic lights. "Green means go" only if you want to gamble with your life. Look both ways for the deliberate red-light runners, those who are driving impaired, or innocent drivers who may be blinded by the morning or evening sun or just not concentrating. Don't get T-boned: A broadside impact, where safety belts provide slight protection and air bags provide none, is especially deadly.

5. Drive behind you. When you're stopped at a light or stop sign, always know what is coming up from behind. There's always that chance you can scoot out of the way if you see a vehicle whose brakes have failed bearing down on you. On highways, always monitor the traffic behind, watching for the careless driver who may zoom up and involve you in an accident. When braking in an emergency because of trouble ahead, try not to slow or stop so fast that an inattentive driver hits you in the rear.

6. Be ready to speed up. The confident driver knows that there will be times when defensive driving means getting on the gas fast. To take quick evasive action, you've got to be in the right gear and aware that only speeding up will you get out of another vehicle's way.

7. Signal and look when changing lanes. After you see there's an opening and no other vehicles are closing quickly, put on your signal and exercise your neck and swivel your head. Don't just rely on your mirrors; a low-slung vehicle may be in your blind spot.

8. Never disturb the traffic flow. Don't surprise others or make them have to deal with you—sometimes in unpredictable and violent ways. Get up to speed and merge from entrance ramps quickly; keep to the right, the proper driving lane, except when passing; if you're pokily sight-seeing on a narrow road, pull over at a safe place with flashers on and let faster traffic pass. (Trying the patience of drivers behind you only increases the chances that they'll involve *you* in an accident.)

9. Read the road. Practice seeing what's happening several car lengths ahead. If you can learn to anticipate danger, you'll be ready to protect yourself by braking or by taking evasive action. The potential danger could be kids playing near the road, a loose muffler on the car ahead, or a driver weaving erratically. Break the bad habit of hypnotically following the vehicle directly ahead of you.

10. Communicate. For example, when you spot a car driving at night without headlights, flick yours on and off. Also, smooth the way with hand signals—waving on other drivers at four-way stop sign intersections, for example, instead of making them guess what you're going to do. If you signal to change lanes in tight traffic, give a thank-you wave to the driver behind you.

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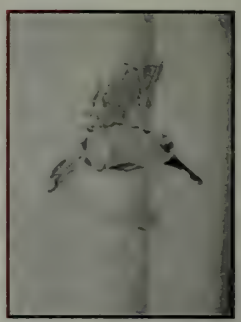
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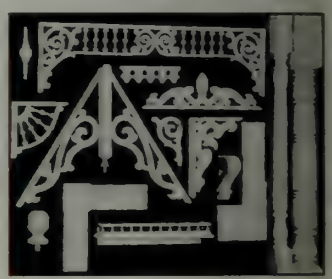
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THE MAN NEXT DOOR®

JUNE 1993

■ Families develop code words all their own. For instance, when Chris called my new homemade barbecue sauce "different," I knew it was time to head back to the drawing board.

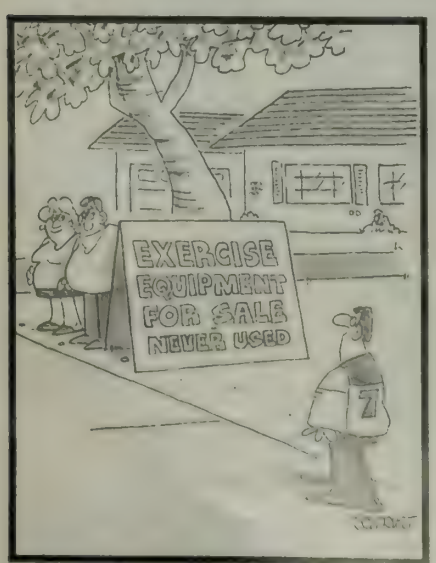
■ Elaine Cowan concedes that there are "plenty of fish in the ocean," but points out that very few qualify as a good catch.

■ Games of chance seem to be sweeping our revenue-hungry nation, although Congressman Nick Hanfli remains a firm believer that gambling ought to be confined to marriages and political elections.

■ Lee Bayless claims that he's burdened with so many problems these days that pretty soon he'll have to search out a crisis line that specializes in arranging conference calls.

■ Home on leave from the military, Scott Humphrey couldn't say enough about how the service had developed his abilities. "It's absolutely amazing what you can do," he declared, "when someone orders you to."

■ Years of experience have taught Dick and Dot Dresch that the biggest obstacle they are likely to encounter on their annual vacation trip is coming to an agreement on how to load the car.





"I wish Harris would learn to relax."

■ Editor Earl Reeves has learned the hard way that one should plan ahead for retirement. For instance, for years he's dreamed of whiling away the lazy summer days in a backyard hammock, only to realize last weekend that he has only one tree.

■ Christine and I used to make a note of when our Rosemary last called from college, but a couple of years of experience have taught us to simply look at the checkbook.

■ Grandpa Hillis confides, with a twinkle in his eye, that the most remarkable thing about his recollections from bygone days is that "more than half of them are actually true."

■ Middle age has taught Bill Norman a couple of life's important lessons. One is to live within his means, and the other is to not play basketball with teenagers on weekends.

■ Lee Bayless knows he's been on the road too long when he arrives home, slumps into his easy chair, and reaches for the seat belt.

■ Grandma Hillis maintains that a person should never marry for money, pointing out that it's usually cheaper just to borrow it from a bank.

Our annual garage sale began, as it always does, with a debate over what to include. Rosemary's old bicycle—dusty from neglect—was an easy candidate. Judy's first pair of skates seemed quaint in today's world of Rollerblades. My old manual typewriter certainly had been left behind by the computer age.

When the sale date arrived, however, our good intentions began to weaken. Bill Norman reminded me of the many hours I had spent teaching Rosemary to ride that bike, and that was enough to pull it off the market. Then Christine decided there were too many memories attached to those skates to give them up, and my recollection of typing my first job résumé on that old typewriter transformed it from garage-sale relic to treasured family heirloom.

Our sale did turn a handsome profit, and we met a lot of neighbors new to the area. But we also learned something even more precious that day: You can't put a price tag on good memories.

Burton Hillis